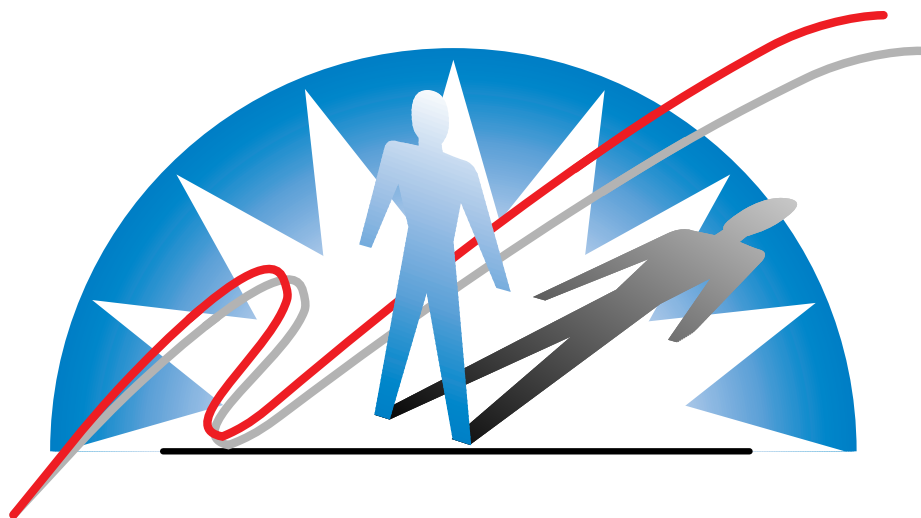


2007

Montana Youth Risk Behavior Survey High School



Montana Office of Public Instruction

MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2007
FOR MONTANA HIGH SCHOOLS

**STATEWIDE ANALYSIS OF
SELECTED BEHAVIOR RISK FACTORS**

September 2007

**Prepared for
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Introduction



I. INTRODUCTION

The Youth Risk Behavior Surveillance System is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood. In the United States, 71 percent of all deaths among youth and young adults aged 10-24 years result from four causes: motor-vehicle crashes (31 percent), other unintentional injuries (14 percent), homicides (15 percent), and suicide (11 percent). Substantial morbidity and social problems also result from the approximately 831,000 pregnancies that occur each year among females aged 15-19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 15 - 24 years, and the estimated 4,842 cases of human immunodeficiency virus (HIV) among persons aged 15-24 years that occur annually.

One out of every six cases (one of five in Montana) of acquired immune deficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Among adults aged 25 years or older, 61 percent of all deaths in the United States result from cardiovascular diseases (38 percent) and cancer (23 percent). Leading causes of morbidity and mortality among all age groups in the United States are related to the following: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; physical inactivity; and overweight. Behaviors are frequently interrelated and often are established during youth and extend into adulthood. Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

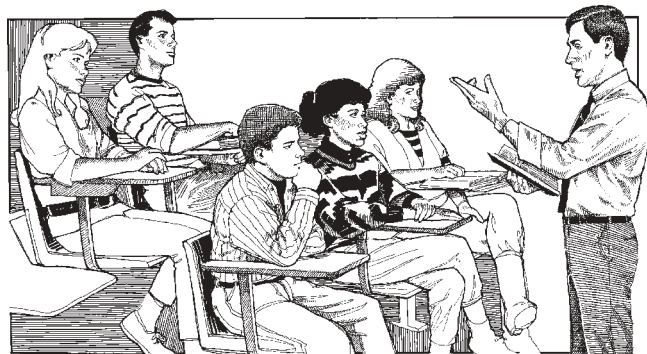
The purpose of the Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and
2. highlights of the results of the 2007 YRBS for Montana high school students in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2007 YRBS.

Survey Methods



II. SURVEY METHODS

DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health risk behaviors. The 2007 survey instrument consisted of 90 questions which assessed the six priority health risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; physical inactivity; and unhealthy dietary behaviors.

SAMPLE SELECTION PROCESS

All public schools in Montana with students in grades 9 through 12 were eligible to be selected for inclusion in the sample. Fifty schools were randomly selected with probability proportional to enrollment. Forty-seven schools elected to participate in the random sample and 81 percent of the students in randomly selected classes in these schools volunteered to participate in the survey. A total of 4,030 high school students participated in the 2007 Montana YRBS. The weighted results presented in this report are based on the behavior and opinion of the participants in the sample; however, the results can be used to make inferences concerning the priority health-risk behaviors of all high school students in Montana.

Superintendents of school districts were contacted during November 2006 to obtain approval to approach principals of randomly selected schools about the survey. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was attempted. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2007. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms,

or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

A weighting procedure was performed to reduce bias by compensating for differing patterns of nonresponse at the school and student levels and to reflect the likelihood of sampling each student. The weighted results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

The approximate error rate, using a normal approximation, is plus-or-minus 3 percent. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

Survey Results



III. SURVEY RESULTS

UNINTENTIONAL INJURIES AND VIOLENCE

Overview

The teen death rate reflects deaths among 15 to 19 year olds from all causes. It is worth noting that nationally, deaths from accidents, homicides, and suicides accounted for 76 percent of all deaths in this age group in 2004.¹

- Among states, Montana ranks second highest in the nation with a teen death rate of 104 deaths per 100,000 teens, compared to 66 per 100,000 nationally.¹
- In 2005, among 15 to 19 year olds in Montana, there were 60 deaths; twenty-nine (48 percent) were attributed to accidents. Twenty, or 68 percent, of the accidental deaths were due to motor vehicle crashes.²
- Suicide was the second leading cause of death among Montana youth aged 15 to 19 years old in 2005. Eighteen (30 percent) of the 60 deaths were the result of suicide.²

Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Twenty questions were asked of participants in the survey regarding intentional and unintentional injuries (see Appendix A). Intentional and unintentional injury questions were related to personal safety, violence-related behaviors, and sad feelings and attempted suicide. Questions related to intentional and unintentional injuries were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

Highlights of the survey related to unintentional injuries and violence

- In 2007, 14 percent of all Montana high school students reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. This is the same rate as in 2005. Approximately 39 percent of Montana high school students wear seat belts all the time (Figure 1, Appendix B).

- Approximately 33 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, about one in six (16 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).
- In the past 12 months, 15 percent of the survey participants had seriously considered attempting suicide and 87 percent of those considering suicide had actually made a plan to attempt suicide. Eight percent of the students taking the survey reported that they had actually attempted suicide (Figure 1, Appendix B).
- During the past 12 months, 33 percent of survey respondents reported being in a physical fight. Approximately 18 percent had been in two or more fights within the past 12 months (Figure 1, Appendix B).
- In 2007, 37 percent of male and 41 percent of female Montana high school students reported "Always" wearing seat belts (Figure 2, Appendix B).
- Thirty-three percent of the Montana high school students reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).
- Of those Montana high school students riding in a car driven by someone who had been drinking (33 percent), approximately one in seven (15 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).
- Sixteen percent of Montana high school students reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).
- Of those students reporting that they had been drinking and driving (16 percent), approximately one in eight (12 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).
- Male Montana high school students were more likely to have been involved in a physical fight than females (Figure 5, Appendix B).
- In the past year, 4 percent of Montana high school students reported having been injured in a physical fight (Figure 5, Appendix B).
- Female Montana high school students were more likely to consider and attempt suicide than males (Figure 6, Appendix B).
- In 2007, 11 percent of survey respondents reported that their boyfriend or girlfriend had hit, slapped, or physically hurt them on purpose. Nine percent had been forced to have sexual intercourse when they did not want to.

TOBACCO USE

Overview

Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. Each year smoking causes approximately 435,000 premature deaths and over 5 million years of potential life lost. Every day approximately 4,000 American youth aged 12-17 try their first cigarette⁴.

- Cigarette smoking causes heart disease, stroke, chronic lung disease, and cancers of the lung, mouth, pharynx, esophagus and bladder.⁴
- Use of smokeless tobacco causes cancers of the mouth, pharynx and esophagus, gum recession, and an increased risk for heart disease and stroke.⁴
- Smoking cigars increases the risk of oral, laryngeal, esophageal and lung cancers.⁴

The younger people begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine. Young people who try to quit suffer the same nicotine withdrawal symptoms as adults who try to quit.

- In Montana, 19 percent of all adults currently smoke cigarettes.³
- Approximately one out of every five deaths in Montana can be attributed to tobacco use.³
- On an average day, nearly four Montanans die prematurely from smoking related diseases. That's more than 1,400 deaths annually.³
- The estimated annual cost of direct medical expenses related to smoking in Montana in 2006 was \$277 million.⁴
- Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood.⁴

Eleven questions were asked of Montana students regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

Highlights of the survey related to tobacco use

- Slightly over one-half (52 percent) of Montana high school students have tried smoking. Twenty percent smoked cigarettes on one or more days in the month prior to taking the survey (Figure 7, Appendix B).

- Twelve percent of Montana high school students reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).
- In 2007, 13 percent of Montana high school students reported using chewing tobacco. This figure was two percentage points less than in 2005 (Figure 7, Appendix B).
- Twenty percent of Montana high school students reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 2007 was the same as in 2005 (Figure 8, Appendix B).
- During the past 12 months, 56 percent of Montana high school students who smoked indicated that they had tried to quit smoking cigarettes.
- Twenty percent of male Montana high school students reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 5 percent of the females. In 2007 the number of male students using chewing tobacco decreased by three percentage points from the 2005 rate (Figure 8, Appendix B).

ALCOHOL AND OTHER DRUG USE

Overview

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement.

- Alcohol-related motor vehicle crashes kill someone in the United States every 31 minutes and non-fatally injure someone every two minutes.⁵
- Montana has the highest alcohol-related fatality rate in the nation.⁵
- In 2006, Montana reported 22,186 motor vehicle crashes; 226 were fatal crashes resulting in 263 fatalities. Of these fatalities, 126 (or 48 percent) were alcohol-related deaths; 108 (or 41 percent) involved blood alcohol concentrations (BAC) of 0.08 or higher.⁵
- In 2006, 16 percent of adult Montanans reported binge drinking (males having five or more drinks on one occasion, females having four or more drinks on one occasion in the past 30 days).⁶ In comparison, 33 percent of Montana high school students have reported binge drinking in the past 30 days.

Nineteen questions were asked of Montana students regarding their use of alcohol and drugs (Appendix A). The questions related to frequency of use, age of first use, and types and forms of drugs used.

Highlights of the survey related to alcohol and other drug use

- Seventy-eight percent of Montana high school students had at least one drink of alcohol during their lifetimes. Of those students who have had a drink of alcohol in their lifetimes, 11 percent were less than nine years old when they had their first drink (Appendix A and Figure 9, Appendix B).
- Twenty-one percent of Montana high school students had used marijuana one or more times during the 30 days prior to the survey. In 2007, Montana high school students reported the median age of first use of marijuana was 13 to 14 years old, which was similar to the 2005 YRBS figure (Appendix A and Figure 9, Appendix B).
- Five percent of Montana high school students reported using methamphetamines in their lifetime (Figure 9, Appendix B).
- Eight percent of Montana high school students reported using cocaine at least once during their lifetime (Figure 10, Appendix B).
- Thirty-three percent of Montana high school students reported binge drinking, that is five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).
- Thirty-nine percent of Montana high school students reported smoking marijuana at least once in their lifetimes. Male students were more likely to have used marijuana in their lifetimes than female students (Figure 10, Appendix B).

SEXUAL BEHAVIORS

Overview

Despite improvements, the United States still has some of the highest rates of teenage pregnancy and childbearing in the industrialized world. Each year, almost 750,000 teenage women aged 15–19 become pregnant with 82 percent of these pregnancies being unintended. Teens in the United States also have higher rates of sexually transmitted infections (STIs) than do teens in other industrialized countries.⁷

- Nationally, 46.8 percent of high school students have had sexual intercourse during their life; a decline in sexual activity from 1991 when 54 percent of high school students had had sexual intercourse. Montana trends for sexual activity have also declined from a high of 51 percent of high school students having had sexual intercourse in 1991 to 45.7 percent in 2007.

- In addition, the teen birthrate has declined steadily since 1991. Nationally, the 2004 rate of 41.1 births per 1,000 females aged 15-19 is a record low and is 33 percent lower than the 1991 rate of 61.8. Montana teen birth rates have decreased from 46.8 births per 1,000 females aged 15-19 in 1991 to 35.8 births per 1,000 females in 2004.⁸

Seven questions were asked of Montana students regarding their sexual behaviors (Appendix A). Questions were related to frequency, numbers of partners, abstinence, alcohol use and contraception.

Highlights of the survey related to sexual behaviors that contribute to unintended pregnancies and STDs

- Fifty-four percent of Montana high school students reported not having had sexual intercourse. This represents about the same rate as in 2005 and 2003 (Figure 11, Appendix B).
- Ninety percent of Montana high school students have had HIV/AIDS education (Figure 11, Appendix B).
- Fourteen percent of Montana high school students have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).
- Sixty-eight percent of those Montana high school students who have had sex reported wearing a condom during their last sexual intercourse. Twelve percent of those Montana high school students that have had sex did not use any method to prevent pregnancy during the last time they had sexual intercourse (Figure 13, Appendix B).
- Forty-six percent of Montana high school students reported having had sexual intercourse in their lifetime. Thirty-one percent of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.
- Female and male Montana high school students were about equally as likely to have had sexual intercourse (Figure 12, Appendix B).
- Sixty percent of Montana high school students who have had sexual intercourse reported having had sex with multiple (two or more) partners (Figure 13, Appendix B).
- Twenty-seven percent of Montana high school students who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Female students were more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).

- Thirty-two percent of Montana high school students who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

PHYSICAL INACTIVITY

Overview

Regular physical activity helps build and maintain healthy bones and muscles; helps reduce the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease; and reduces feelings of depression and anxiety and promotes psychological well-being.⁹ Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems.

- 2005 YRBS results show that 69 percent of Montana high school youth did not meet currently recommended levels of physical activity.
- In addition, 42 percent of Montana high school youth did not attend physical education class.
- One in five, or 19.4 percent, of adult Montanans report not participating in any physical activities during the past month.⁶

Twelve questions were asked of Montana students regarding their body weight and physical activity (Appendix A). The questions related to types of physical activity as well as frequency of activity.

Highlights of the survey related to physical inactivity

- Sixty percent of Montana high school students played on one or more sports teams during the past 12 months. Thirty-three percent of Montana high school students attended physical education classes daily (Figure 14, Appendix B).
- Nearly one-half (46 percent) of Montana high school students reported watching TV two or more hours per day (Figure 14, Appendix B).
- Sixty-seven percent of Montana high school students were physically active for a total of at least 60 minutes on three or more of the seven days prior to taking the survey (Figure 14, Appendix B).

DIETARY BEHAVIORS

Overview

The prevalence of overweight among United States children aged 6 to 11 more than doubled in the past 20 years, going from 7 percent in 1980 to 18.8 percent in 2004. The rate among adolescents aged 12 to 19 more than tripled, increasing from 5 percent to 17.1 percent. Overweight is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetics and health. Overweight young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis. One-third of the 559,650 cancer deaths expected to occur in 2007 will be related to overweight or obesity, physical inactivity, and nutrition and thus could be prevented.⁹

- Body Mass Index (BMI) for adult Montanans indicates that 38.1 percent of adult Montanans are overweight (BMI between 25.0 and 29.9) and 21.2 percent are obese (BMI of 30 or more).⁶
- Twenty percent (40,395) of Montana youth live in poverty and thus are at risk for hunger. Montana ranks high (36 out of the 50 states) for the percent of children living in poverty.⁶

Eight questions were asked of Montana students regarding dietary excesses and imbalances (Appendix A). The questions related to the types of food youth were eating as well as the frequency.

Highlights of the survey related to dietary behaviors

- Over one-half (57 percent) of Montana high school students think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).
- Sixty-two percent of female Montana high school students are trying to lose weight. Only 26 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).
- Twenty-eight percent of Montana high school students reported eating fruit at least once on a daily basis. Eleven percent ate a green salad daily (Figure 15, Appendix B).
- Nineteen percent of Montana high school students reported drinking three or more glasses of milk per day in the week prior to the survey (Figure 15, Appendix B).

Resources

- ¹ 2007 Kids Count Data Book.
- ² Montana Department of Public Health and Human Services, Vital Statistics, 2005.
- ³ Centers for Disease Control and Prevention, *Sustaining State Programs for Tobacco Control: Data Highlights 2006*.
- ⁴ Campaign for Tobacco-Free Kids, 2007.
- ⁵ United States Department of Transportation, National Highway Traffic Safety Administration, 2006.
- ⁶ CDC, National Center for Disease Prevention and Health Promotion, Behavioral Risk Factor Surveillance System, 2006.
- ⁷ Child Trends, 2006.
- ⁸ CDC, National Center for Health Statistics, National Vital Statistics Reports, 2006.
- ⁹ CDC, National Center for Disease Prevention and Health Promotion, Healthy Youth, 2006.
- ¹⁰ American Cancer Society, Cancer Facts and Figures, 2007.

Conclusions



IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2007 Montana Youth Risk Behavior Survey for high school students indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** – only 39 percent of Montana high school students reported wearing seat belts *all* of the time when riding in a car driven by someone else. While this level of usage is a slight increase over the 2005 level, it is still far short of the current Healthy People 2010 objective for seat belt use of 92 percent of all occupants wearing seat belts *all* of the time.
- **Bicycle helmet usage** – only 5 percent of bicyclists reported using helmets *all* of the time. The current Healthy People 2010 objective is for 79 percent of bicyclists to use helmets.
- **Injurious suicide attempts** – 34 percent of suicide attempts reported by Montana high school students resulted in an injury requiring medical attention. While 2007 YRBS data showed a decrease in the number of students who actually attempted suicide (10 to 8 percent), Montana's teen suicide rate ranks third highest in the nation. The current Healthy People 2010 objective is to reduce the incidence of suicide attempts to 1 percent for adolescents aged 14-17.
- **Smokeless tobacco use** – Montana high school students are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2007, 20 percent of Montana male and 5 percent of female Montana high school students used snuff or chewing tobacco in the 30 days prior to the survey. The current rate of use among males and females is down slightly from 2003 levels. The current Healthy People 2010 objective is to reduce usage to less than one percent by 2010.
- **Alcohol usage** – the 2007 YRBS indicates that approximately 47 percent of Montana high school students had used alcohol in the month prior to the survey. The current Healthy People 2010 objective is to reduce alcohol intake to 11 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.
- **Marijuana usage** – the 2007 YRBS indicates that 21 percent of Montana high school students had used marijuana during the 30 days prior to the survey. This

rate is about one percentage point lower than the rate reported in 2005. The current Healthy People 2010 objective is to reduce the use of marijuana in the past month to less than 1 percent for the age group that includes Montana high school students.

- **Sexual behavior** – the 2007 YRBS indicates that 81 percent of Montana high school students had abstained from sexual intercourse or used condoms the last time they had sexual intercourse. The current Healthy People 2010 objective is to increase responsible adolescent sexual behavior to 95 percent of youth.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of Montana high school students. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, suicide attempts, fighting, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement since 1999, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana high school students with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. About 90 percent of Montana high school students indicated they have received education related to AIDS/HIV infection.
- About two-thirds (67 percent) of Montana high school students regularly perform physical activities for 60 minutes or more at least 3 days per week. The current national objective is to maintain the rate at 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate Montana high school students. Comprehensive school health programs and policies that support what is taught in the Health Enhancement classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If Montana high school students are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.
 - Montana students should have daily access to and participation in health enhancement classes.
 - Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.
 - Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").
 - Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.
 - Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.
2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.
 3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.
 4. Improve the behavior patterns of Montana high school students in the following areas:
 - increasing seat belt and helmet use,
 - reducing alcohol use,
 - reducing marijuana use,
 - reducing use of tobacco products, especially smokeless tobacco, by young males and females, and
 - increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who choose to reestablish abstinence from sexual intercourse, recognizing that there are youth who are sexually active, and increasing the use of condoms among sexually active youth.

5. Continue to address significant health-risk behaviors through prevention efforts that include the following concepts:

- Unintentional Injuries and Violence

Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.

- Tobacco Use

Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

Montana schools should be tobacco-free.

- Alcohol and Other Drug Use

Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.

- Sexuality

Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or faith-based structured program in line with family and community values.

- Physical Inactivity

Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.

- Nutrition

Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in Montana high school students should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of Montana high school students are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.
7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.
8. Continue to monitor Montana high school students' behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

APPENDIX A
FREQUENCY DISTRIBUTIONS

2007 MONTANA YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 4,030 randomly selected high school students in Montana during February of 2007. Frequency distributions may not total 4,030 due to non-response and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	<u>Percent</u>
A. 15 years old or younger	33.7%
B. 16 or 17 years old	51.7%
C. 18 years old or older	14.6%

Q-2 What is your sex?

	<u>Percent</u>
A. Female	48.8%
B. Male	51.2%

Q-3 In what grade are you?

	<u>Percent</u>
A. 9th Grade	27.0%
B. 10th Grade	25.3%
C. 11th Grade	24.5%
D. 12th Grade	22.8%
E. Other	0.3%

Q-4 Are you Hispanic or Latino?

	<u>Percent</u>
A. Yes	2.2%
B. No	97.8%

Q-5 What is your race?

	<u>Percent</u>
A. Black	0.3%
B. Hispanic or Latino	2.2%
C. White	85.7%
D. All other races	10.8%
E. Multiple races	1.1%

Q-6 How tall are you without your shoes on?

	<u>Percent</u>
A. Less than 4 ft	0.3%
B. 4 ft to 4 ft, 6 in	0.2%
C. 4 ft, 7 in to 5 ft	2.0%
D. 5 ft, 1 in to 5 ft, 6 in	38.9%
E. Over 5 ft, 6 in	58.6%

Q-7 How much do you weigh without your shoes on?

	<u>Percent</u>
A. Less than 90 lbs	0.4%
B. 90-99 lbs	1.3%
C. 100-109 lbs	4.7%
D. 110-119 lbs	9.6%
E. 120-129 lbs	13.4%
F. 133-139 lbs	14.5%
G. 140 lbs +	56.1%

The next 4 questions ask about safety.

Q-8 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	28.9%
B. Never wore a helmet	53.0%
C. Rarely wore a helmet	6.6%
D. Sometimes wore a helmet	3.7%
E. Most of the time wore a helmet	4.0%
F. Always wore a helmet	3.8%

Q-9 How often do you wear a seat belt when riding in a car driven by someone else?

	<u>Percent</u>
A. Never	3.9%
B. Rarely	10.3%
C. Sometimes	16.5%
D. Most of the time	30.2%
E. Always	39.0%

Q-10 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	<u>Percent</u>
A. 0 times	67.1%
B. 1 time	11.3%
C. 2 or 3 times	13.3%
D. 4 or 5 times	3.4%
E. 6 or more times	4.8%

Q-11 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	<u>Percent</u>
A. 0 times	84.0%
B. 1 time	7.2%
C. 2 or 3 times	5.7%
D. 4 or 5 times	1.1%
E. 6 or more times	1.9%

The next 11 questions ask about violence-related behaviors.

Q-12 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	<u>Percent</u>
A. 0 days	77.9%
B. 1 day	3.9%
C. 2 or 3 days	4.5%
D. 4 or 5 days	2.2%
E. 6 or more days	11.6%

Q-13 During the past 30 days, on how many days did you carry a gun?

	<u>Percent</u>
A. 0 days	92.2%
B. 1 day	2.8%
C. 2 or 3 days	2.1%
D. 4 or 5 days	0.7%
E. 6 or more days	2.2%

Q-14 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 days	90.3%
B. 1 day	2.1%
C. 2 or 3 days	1.5%
D. 4 or 5 days	0.8%
E. 6 or more days	5.3%

Q-15 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	<u>Percent</u>
A. 0 days	95.8%
B. 1 day	2.1%
C. 2 or 3 days	1.1%
D. 4 or 5 days	0.2%
E. 6 or more days	0.8%

Q-16 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 times	93.0%
B. 1 time	2.9%
C. 2 or 3 times	2.2%
D. 4 or 5 times	0.6%
E. 6 or 7 times	0.2%
F. 8 or 9 times	0.1%
G. 10 or 11 times	0.1%
H. 12 or more times	1.0%

Q-17 During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

	<u>Percent</u>
A. 0 times	71.4%
B. 1 time	15.1%
C. 2 or 3 times	9.5%
D. 4 or 5 times	1.9%
E. 6 or 7 times	0.7%
F. 8 or 9 times	0.3%
G. 10 or 11 times	0.2%
H. 12 or more times	0.8%

Q-18 During the past 12 months, how many times were you in a physical fight?

	<u>Percent</u>
A. 0 times	67.2%
B. 1 time	15.2%
C. 2 or 3 times	10.5%
D. 4 or 5 times	2.8%
E. 6 or 7 times	1.5%
F. 8 or 9 times	0.5%
G. 10 or 11 times	0.4%
H. 12 or more times	2.0%

Q-19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	<u>Percent</u>
A. 0 times	96.3%
B. 1 time	2.7%
C. 2 or 3 times	0.7%
D. 4 or 5 times	0.2%
E. 6 or more times	0.2%

Q-20 During the past 12 months, how many times were you in a physical fight on school property?

	<u>Percent</u>
A. 0 times	88.0%
B. 1 time	7.9%
C. 2 or 3 times	2.6%
D. 4 or 5 times	0.5%
E. 6 or 7 times	0.3%
F. 8 or 9 times	0.1%
G. 10 or 11 times	0.0%
H. 12 or more times	0.4%

Q-21 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	10.6%
B. No	89.4%

Q-22 Have you ever been physically forced to have sexual intercourse when you did not want to?

	<u>Percent</u>
A. Yes	8.8%
B. No	91.2%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	<u>Percent</u>
A. Yes	25.8%
B. No	74.2%

Q-24 During the past 12 months, did you ever seriously consider attempting suicide?

	<u>Percent</u>
A. Yes	15.1%
B. No	84.9%

Q-25 During the past 12 months, did you make a plan about how you would attempt suicide?

	<u>Percent</u>
A. Yes	13.2%
B. No	86.8%

Q-26 During the past 12 months, how many times did you actually attempt suicide?

	<u>Percent</u>
A. 0 times	92.1%
B. 1 time	4.8%
C. 2 or 3 times	2.1%
D. 4 or 5 times	0.3%
E. 6 or more times	0.6%

Q-27 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	92.1%
B. Yes	2.7%
C. No	5.2%

The next 11 questions ask about tobacco use.

Q-28 Have you ever tried cigarette smoking, even one or two puffs?

	<u>Percent</u>
A. Yes	52.1%
B. No	47.9%

Q-29 How old were you when you smoked a whole cigarette for the first time?

	<u>Percent</u>
A. I have never smoked a whole cigarette	59.9%
B. 8 years old or younger	4.1%
C. 9 or 10 years old	3.7%
D. 11 or 12 years old	6.9%
E. 13 or 14 years old	12.6%
F. 15 or 16 years old	10.6%
G. 17 years old or older	2.3%

Q-30 During the past 30 days, on how many days did you smoke cigarettes?

	<u>Percent</u>
A. 0 days	80.0%
B. 1 or 2 days	4.8%
C. 3 to 5 days	3.0%
D. 6 to 9 days	1.8%
E. 10 to 19 days	2.3%
F. 20 to 29 days	2.9%
G. All 30 days	5.2%

Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	80.2%
B. Less than 1 cigarette per day	4.7%
C. 1 cigarette per day	3.4%
D. 2 to 5 cigarettes per day	8.4%
E. 6 to 10 cigarettes per day	1.8%
F. 11 to 20 cigarettes per day	1.0%
G. More than 20 cigarettes per day	0.6%

Q-32 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	79.9%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	4.2%
C. I bought them from a vending machine	0.1%
D. I gave someone else money to buy them for me	5.1%
E. I borrowed (or bummed) them from someone else	6.3%
F. A person 18 years old or older gave them to me	1.7%
G. I took them from a store or family member	0.8%
H. I got them some other way	1.8%

Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

	<u>Percent</u>
A. 0 days	93.8%
B. 1 or 2 days	2.5%
C. 3 to 5 days	0.9%
D. 6 to 9 days	0.9%
E. 10 to 19 days	0.5%
F. 20 to 29 days	0.5%
G. All 30 days	0.9%

Q-34 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

	<u>Percent</u>
A. Yes	12.9%
B. No	87.1%

Q-35 During the past 12 months, did you ever try to quit smoking cigarettes?

	<u>Percent</u>
A. I did not smoke during the past 12 months	74.1%
B. Yes	14.6%
C. No	11.3%

Q-36 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. 0 days	87.1%
B. 1 or 2 days	4.1%
C. 3 to 5 days	1.6%
D. 6 to 9 days	1.2%
E. 10 to 19 days	1.7%
F. 20 to 29 days	1.0%
G. All 30 days	3.2%

Q-37 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	<u>Percent</u>
A. 0 days	92.7%
B. 1 or 2 days	2.2%
C. 3 to 5 days	1.1%
D. 6 to 9 days	0.8%
E. 10 to 19 days	0.8%
F. 20 to 29 days	0.6%
G. All 30 days	1.8%

Q-38 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	<u>Percent</u>
A. 0 days	84.5%
B. 1 or 2 days	8.9%
C. 3 to 5 days	2.9%
D. 6 to 9 days	1.5%
E. 10 to 19 days	0.9%
F. 20 to 29 days	0.3%
G. All 30 days	0.9%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-39 During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	22.2%
B. 1 or 2 days	12.8%
C. 3 to 9 days	16.1%
D. 10 to 19 days	11.6%
E. 20 to 39 days	11.2%
F. 40 to 99 days	11.4%
G. 100 or more days	14.6%

Q-40 How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	26.9%
B. 8 years old or younger	7.9%
C. 9 or 10 years old	6.3%
D. 11 or 12 years old	11.8%
E. 13 or 14 years old	25.5%
F. 15 or 16 years old	18.6%
G. 17 years old or older	3.1%

Q-41 During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	53.5%
B. 1 or 2 days	19.1%
C. 3 to 5 days	11.5%
D. 6 to 9 days	8.0%
E. 10 to 19 days	5.8%
F. 20 to 29 days	1.2%
G. All 30 days	0.9%

Q-42 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	67.3%
B. 1 day	10.2%
C. 2 days	7.8%
D. 3 to 5 days	7.2%
E. 6 to 9 days	4.6%
F. 10 to 19 days	2.0%
G. 20 or more days	1.0%

Q-43 During the past 30 days, how did you usually get the alcohol you drank?

	<u>Percent</u>
A. I did not drink alcohol during the past 30 days	52.7%
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.6%
C. I bought it at a restaurant, bar or club	0.5%
D. I bought it at a public event such as a concert or sporting event	0.3%
E. I gave someone else money to buy it for me	15.9%
F. Someone gave it to me	18.2%
G. I took it from a store or family member	2.7%
H. I got it some other way	8.1%

Q-44 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	<u>Percent</u>
A. 0 days	94.3%
B. 1 or 2 days	3.9%
C. 3 to 5 days	0.8%
D. 6 to 9 days	0.4%
E. 10 to 19 days	0.1%
F. 20 to 29 days	0.0%
G. All 30 days	0.4%

Q-45 During your life, how many times have you used marijuana?

	<u>Percent</u>
A. 0 times	60.9%
B. 1 or 2 times	8.0%
C. 3 to 9 times	7.8%
D. 10 to 19 times	4.4%
E. 20 to 39 times	4.4%
F. 40 to 99 times	4.6%
G. 100 or more times	10.0%

Q-46 How old were you when you tried marijuana for the first time?

	<u>Percent</u>
A. I have never tried marijuana	60.7%
B. 8 years old or younger	1.7%
C. 9 or 10 years old	2.7%
D. 11 or 12 years old	5.2%
E. 13 or 14 years old	13.5%
F. 15 or 16 years old	14.0%
G. 17 years old or older	2.3%

Q-47 During the past 30 days, how many times did you use marijuana?

	<u>Percent</u>
A. 0 times	79.0%
B. 1 or 2 times	7.5%
C. 3 to 9 times	4.9%
D. 10 to 19 times	2.9%
E. 20 to 39 times	2.0%
F. 40 or more times	3.8%

Q-48 During the past 30 days, how many times did you use marijuana on school property?

	<u>Percent</u>
A. 0 times	95.0%
B. 1 or 2 times	2.1%
C. 3 to 9 times	1.3%
D. 10 to 19 times	0.8%
E. 20 to 39 times	0.3%
F. 40 or more times	0.6%

The next 9 questions ask about other drugs.

Q-49 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	91.7%
B. 1 or 2 times	3.6%
C. 3 to 9 times	1.8%
D. 10 to 19 times	1.2%
E. 20 to 39 times	0.5%
F. 40 or more times	1.2%

Q-50 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	97.1%
B. 1 or 2 times	1.5%
C. 3 to 9 times	0.4%
D. 10 to 19 times	0.2%
E. 20 to 39 times	0.3%
F. 40 or more times	0.6%

Q-51 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	83.8%
B. 1 or 2 times	8.0%
C. 3 to 9 times	4.1%
D. 10 to 19 times	1.6%
E. 20 to 39 times	1.0%
F. 40 or more times	1.4%

Q-52 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	<u>Percent</u>
A. 0 times	97.5%
B. 1 or 2 times	1.0%
C. 3 to 9 times	0.5%
D. 10 to 19 times	0.2%
E. 20 to 39 times	0.1%
F. 40 or more times	0.6%

Q-53 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	<u>Percent</u>
A. 0 times	95.4%
B. 1 or 2 times	2.0%
C. 3 to 9 times	1.0%
D. 10 to 19 times	0.4%
E. 20 to 39 times	0.2%
F. 40 or more times	0.9%

Q-54 During your life, how many times have you used ecstasy (also called MDMA)?

	<u>Percent</u>
A. 0 times	94.0%
B. 1 or 2 times	2.8%
C. 3 to 9 times	1.4%
D. 10 to 19 times	0.7%
E. 20 to 39 times	0.3%
F. 40 or more times	0.8%

Q-55 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	<u>Percent</u>
A. 0 times	97.2%
B. 1 or 2 times	1.0%
C. 3 to 9 times	0.6%
D. 10 to 19 times	0.4%
E. 20 to 39 times	0.2%
F. 40 or more times	0.6%

Q-56 During your life, how many times have you used a needle to inject any illegal drug into your body?

	<u>Percent</u>
A. 0 times	98.0%
B. 1 time	1.1%
C. 2 or more times	0.8%

Q-57 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Percent</u>
A. Yes	24.9%
B. No	75.1%

The next 8 questions ask about sexual behavior.

Q-58 Have you ever had sexual intercourse?

	<u>Percent</u>
A. Yes	45.7%
B. No	54.3%

Q-59 How old were you when you had sexual intercourse for the first time?

	<u>Percent</u>
A. I have never had sexual intercourse	54.4%
B. 11 years old or younger	2.6%
C. 12 years old	2.5%
D. 13 years old	4.7%
E. 14 years old	8.7%
F. 15 years old	13.1%
G. 16 years old	10.1%
H. 17 years old or older	3.9%

Q-60 During your life, with how many people have you had sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	54.6%
B. 1 person	17.4%
C. 2 people	7.6%
D. 3 people	6.7%
E. 4 people	4.0%
F. 5 people	2.7%
G. 6 or more people	7.0%

Q-61 During the past 3 months, with how many people did you have sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	54.7%
B. I have had sexual intercourse, but not during the past 3 months	14.1%
C. 1 person	23.0%
D. 2 people	4.4%
E. 3 people	1.7%
F. 4 people	0.8%
G. 5 people	0.3%
H. 6 or more people	0.9%

Q-62 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Percent</u>
A. I have never had sexual intercourse	54.4%
B. Yes	12.3%
C. No	33.3%

Q-63 The last time you had sexual intercourse, did you or your partner use a condom?

	<u>Percent</u>
A. I have never had sexual intercourse	55.1%
B. Yes	30.4%
C. No	14.5%

Q-64 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

	<u>Percent</u>
A. I have never had sexual intercourse	55.0%
B. No method was used to prevent pregnancy	5.2%
C. Birth control pills	9.1%
D. Condoms	24.6%
E. Depo-Provera (injectable birth control)	1.1%
F. Withdrawal	2.6%
G. Some other method	1.1%
H. Not sure	1.3%

The next 7 questions ask about body weight.

Q-65 How do you describe your weight?

	<u>Percent</u>
A. Very underweight	2.0%
B. Slightly underweight	12.3%
C. About the right weight	56.6%
D. Slightly overweight	25.7%
E. Very overweight	3.4%

Q-66 Which of the following are you trying to do about your weight?

	<u>Percent</u>
A. Lose weight	43.6%
B. Gain weight	15.5%
C. Stay the same weight	19.2%
D. I am not trying to do anything about my weight	21.7%

Q-67 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	61.4%
B. No	38.6%

Q-68 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	38.8%
B. No	61.2%

Q-69 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	12.0%
B. No	88.0%

Q-70 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Percent</u>
A. Yes	6.3%
B. No	93.7%

Q-71 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	5.6%
B. No	94.4%

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed.

Q-72 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	17.8%
B. 1 to 3 times during the past 7 days	39.3%
C. 4 to 6 times during the past 7 days	19.5%
D. 1 time per day	8.3%
E. 2 times per day	7.5%
F. 3 times per day	3.8%
G. 4 or more times per day	3.7%

Q-73 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	11.1%
B. 1 to 3 times during the past 7 days	39.9%
C. 4 to 6 times during the past 7 days	21.5%
D. 1 time per day	11.1%
E. 2 times per day	10.2%
F. 3 times per day	3.3%
G. 4 or more times per day	2.9%

Q-74 During the past 7 days, how many times did you eat green salad?

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	29.6%
B. 1 to 3 times during the past 7 days	45.1%
C. 4 to 6 times during the past 7 days	14.1%
D. 1 time per day	7.9%
E. 2 times per day	2.1%
F. 3 times per day	0.3%
G. 4 or more times per day	0.8%

Q-75 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	26.2%
B. 1 to 3 times during the past 7 days	55.4%
C. 4 to 6 times during the past 7 days	12.1%
D. 1 time per day	3.8%
E. 2 times per day	1.3%
F. 3 times per day	0.5%
G. 4 or more times per day	0.6%

Q-76 During the past 7 days, how many times did you eat carrots?

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	42.7%
B. 1 to 3 times during the past 7 days	43.1%
C. 4 to 6 times during the past 7 days	8.3%
D. 1 time per day	3.5%
E. 2 times per day	0.9%
F. 3 times per day	0.6%
G. 4 or more times per day	1.0%

Q-77 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 days	15.0%
B. 1 to 3 times during the past 7 days	45.4%
C. 4 to 6 times during the past 7 days	21.1%
D. 1 time per day	10.0%
E. 2 times per day	5.3%
F. 3 times per day	2.1%
G. 4 or more times per day	1.0%

Q-78 During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or pop.)

	<u>Percent</u>
A. I did not drink soda or pop during the past 7 days	20.1%
B. 1 to 3 times during the past 7 days	33.2%
C. 4 to 6 times during the past 7 days	20.4%
D. 1 time per day	9.8%
E. 2 times per day	8.2%
F. 3 times per day	4.2%
G. 4 or more times per day	4.1%

Q-79 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	<u>Percent</u>
A. I did not drink milk during the past 7 days	12.3%
B. 1 to 3 glasses during the past 7 days	18.9%
C. 4 to 6 glasses during the past 7 days	16.4%
D. 1 glass per day	15.5%
E. 2 glasses per day	18.2%
F. 3 glasses per day	10.3%
G. 4 or more glasses per day	8.3%

The next 5 questions ask about physical activity.

Q-80 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

	<u>Percent</u>
A. 0 days	13.3%
B. 1 day	8.9%
C. 2 days	10.5%
D. 3 days	12.1%
E. 4 days	10.4%
F. 5 days	14.0%
G. 6 days	9.7%
H. 7 days	21.2%

Q-81 On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	12.0%
B. Less than 1 hour per day	22.3%
C. 1 hour per day	20.2%
D. 2 hours per day	23.3%
E. 3 hours per day	12.1%
F. 4 hours per day	4.9%
G. 5 or more hours per day	5.2%

Q-82 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

	<u>Percent</u>
A. I do not play video or computer games or use a computer for something that is not school work	24.1%
B. Less than 1 hour per day	27.9%
C. 1 hour per day	17.9%
D. 2 hours per day	13.9%
E. 3 hours per day	7.8%
F. 4 hours per day	3.2%
G. 5 or more hours per day	5.2%

Q-83 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	46.2%
B. 1 day	2.1%
C. 2 days	4.2%
D. 3 days	12.0%
E. 4 days	2.6%
F. 5 days	32.8%

Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	<u>Percent</u>
A. 0 teams	40.4%
B. 1 team	25.2%
C. 2 teams	17.9%
D. 3 or more teams	16.5%

The next 6 questions ask about other health-related topics.

Q-85 Have you ever been taught about AIDS or HIV infection in school?

	<u>Percent</u>
A. Yes	89.7%
B. No	6.4%
C. Not sure	3.9%

Q-86 Has a doctor or nurse ever told you that you have asthma?

	<u>Percent</u>
A. Yes	20.9%
B. No	75.3%
C. Not sure	3.8%

Q-87 Do you still have asthma?

	<u>Percent</u>
A. I have never had asthma	63.5%
B. Yes	14.9%
C. No	14.1%
D. Not sure	7.5%

Q-88 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?

	<u>Percent</u>
A. Yes	12.4%
B. No	87.6%

Q-89 How often do you wear a seat belt when driving a car?

	<u>Percent</u>
A. I do not drive a car	16.1%
B. Never	4.2%
C. Rarely	10.7%
D. Sometimes	12.4%
E. Most of the time	18.7%
F. Always	38.0%

Q-90 Do you drive, and did you complete driver education (classroom and behind-the-wheel)?

	<u>Percent</u>
A. No, I do not drive; I do not have a valid license or permit, and no, I did not complete driver education.	23.2%
B. No, I do not drive; I do not have a valid license or permit, but yes, I completed driver education.	3.5%
C. Yes, I drive with a valid license or permit, but no, I did not complete driver education.	7.3%
D. Yes, I drive with a valid license or permit, and yes, I did complete driver education.	58.8%
E. Yes, I drive regularly on public roads, but I do not have a valid license or permit.	7.2%

APPENDIX B

REFERENCED FIGURES

Figure 1

Unintentional injury and violence risk behaviors of high school students

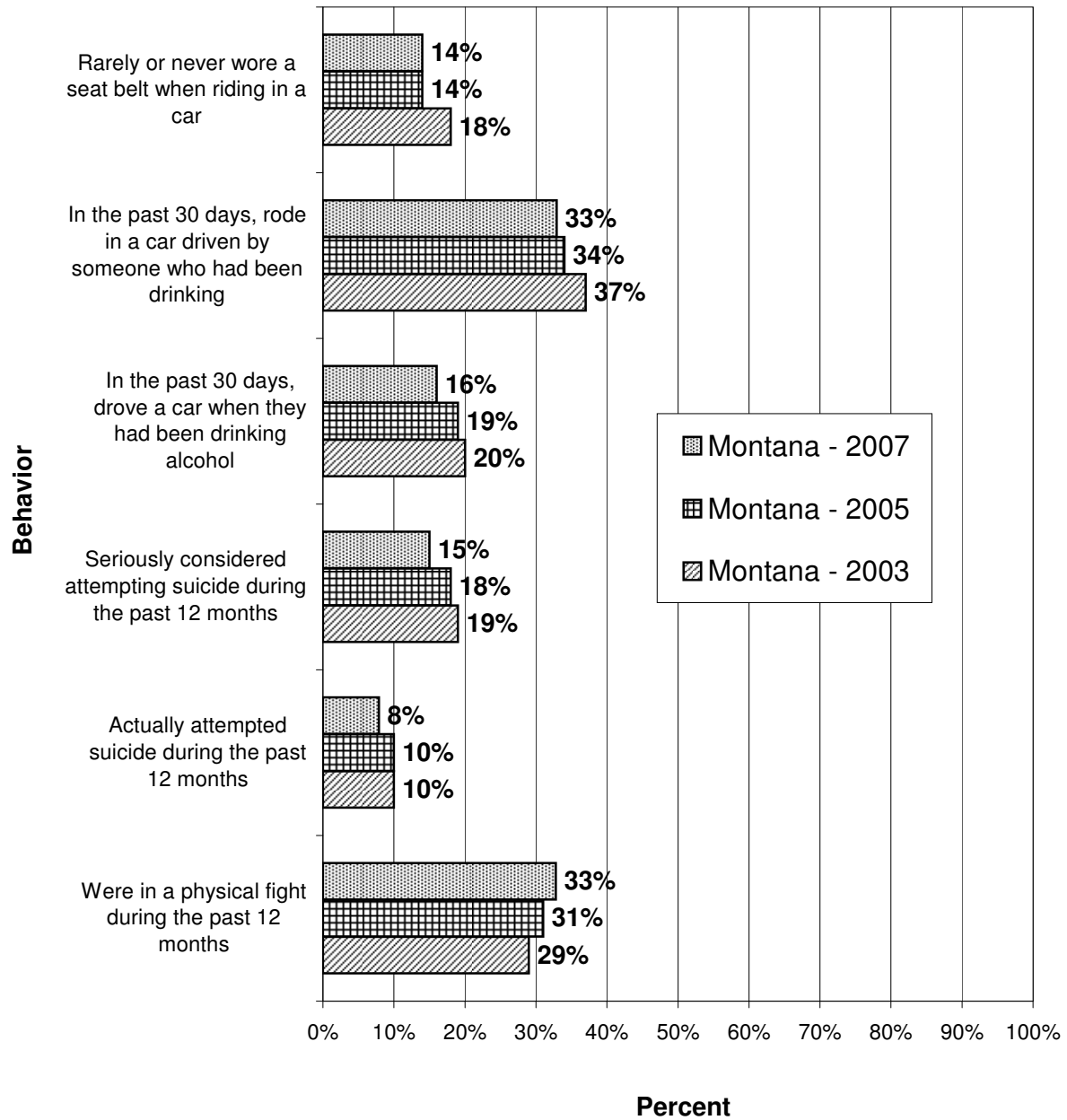


Figure 2

Percent of high school students who "Always" wear a seat belt when riding in a car driven by someone else

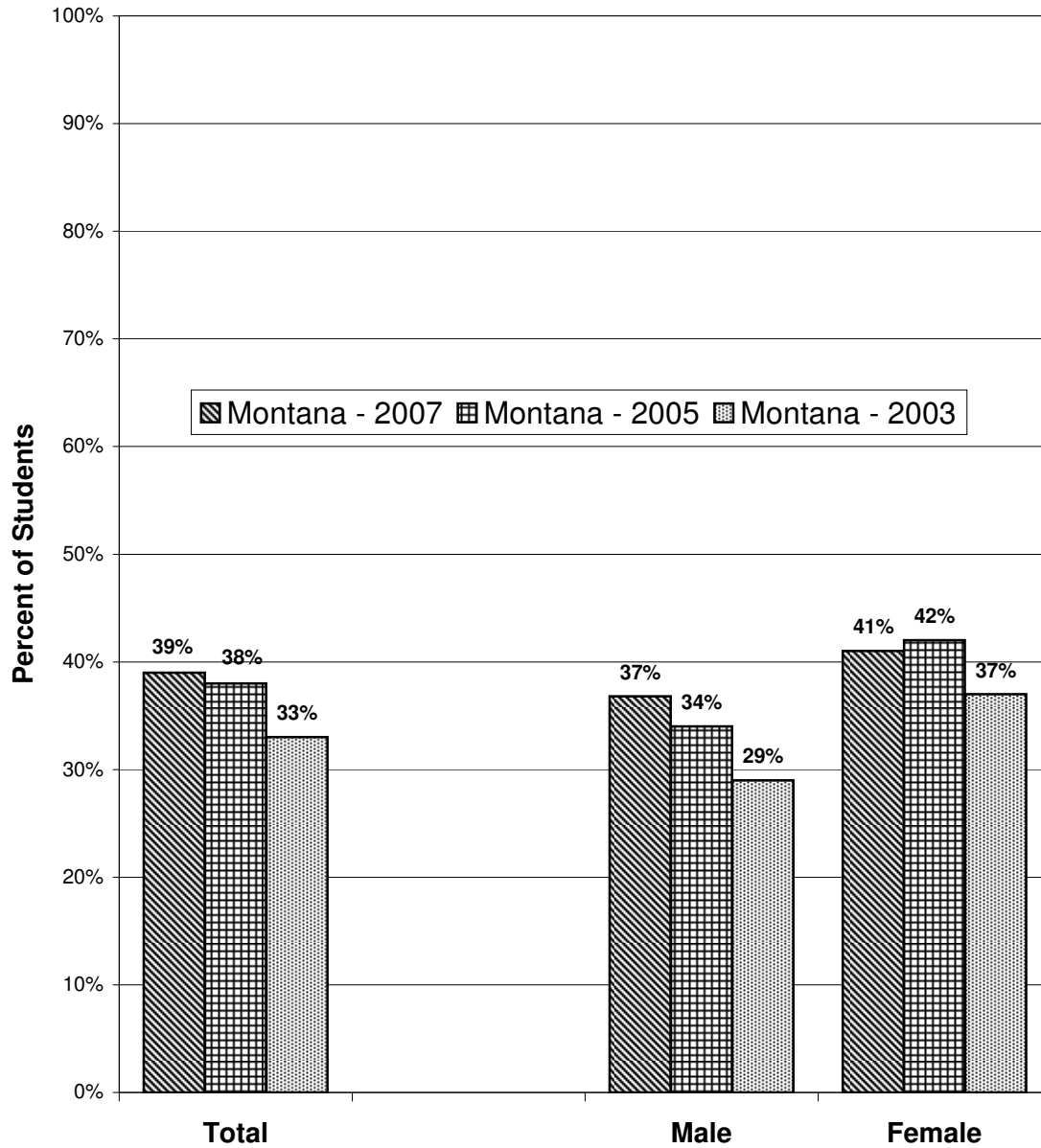
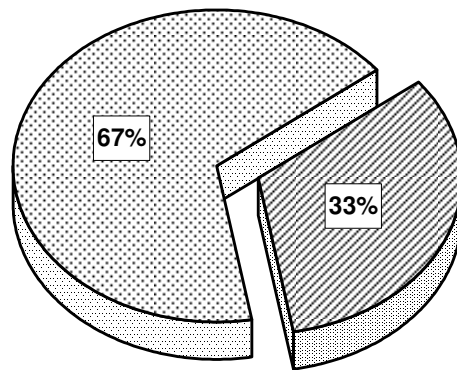


Figure 3

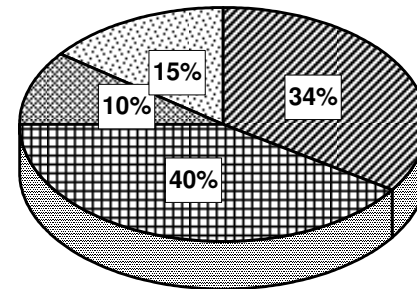
Percent of those high school students who, during the past 30 days, reported riding in a vehicle that was driven by someone who had been drinking, by number of times

Percent of all high school students



▣ Have not ridden with drinker
▤ Have ridden with drinker

Number of times they rode with drinker, by percent

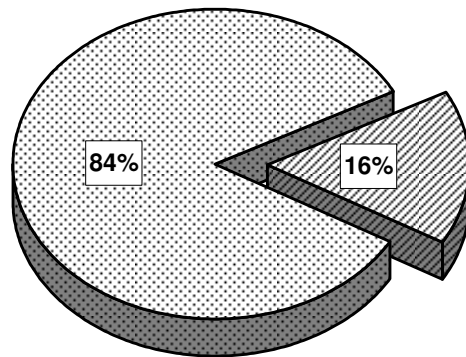


▤ Once ▣ 2 or 3 times
▥ 4 or 5 times ▦ 6 or more times

Figure 4

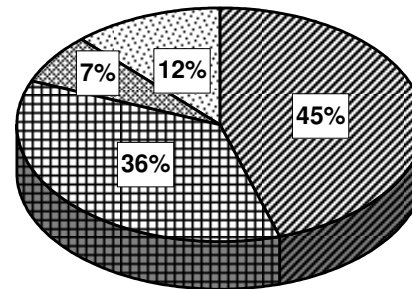
Percent of those high school students who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times

Percent of all high school students



■ Have not driven after drinking
■ Have driven after drinking

Number of times they drove while drinking, by percent



■ Once ■ 2 or 3 times
■ 4 or 5 times ■ 6 or more times

Figure 5

Percent of high school students involved and/or injured in a physical fight in the past 12 months

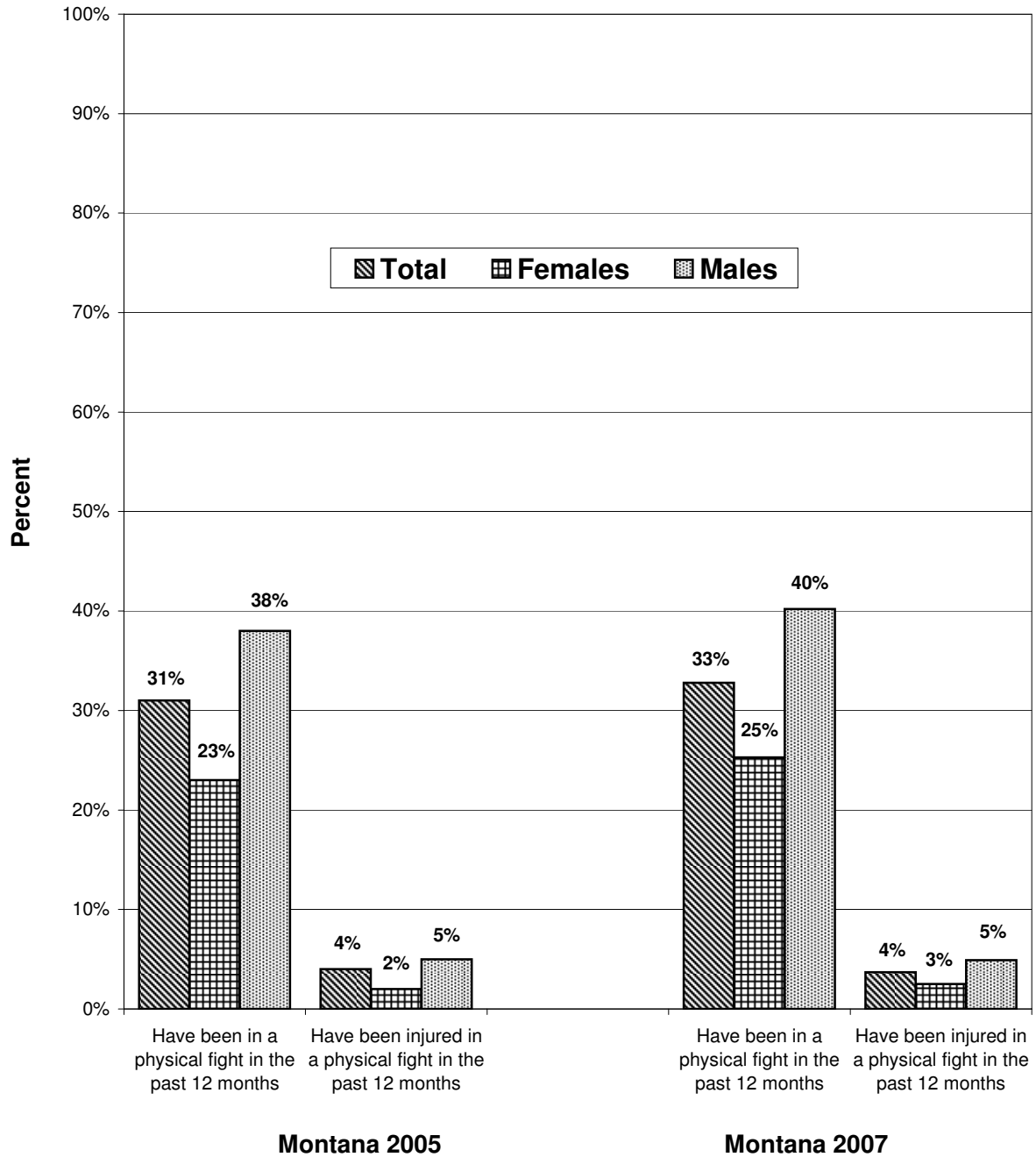


Figure 6

Percent of high school students who considered, planned, or attempted suicide in the past 12 months

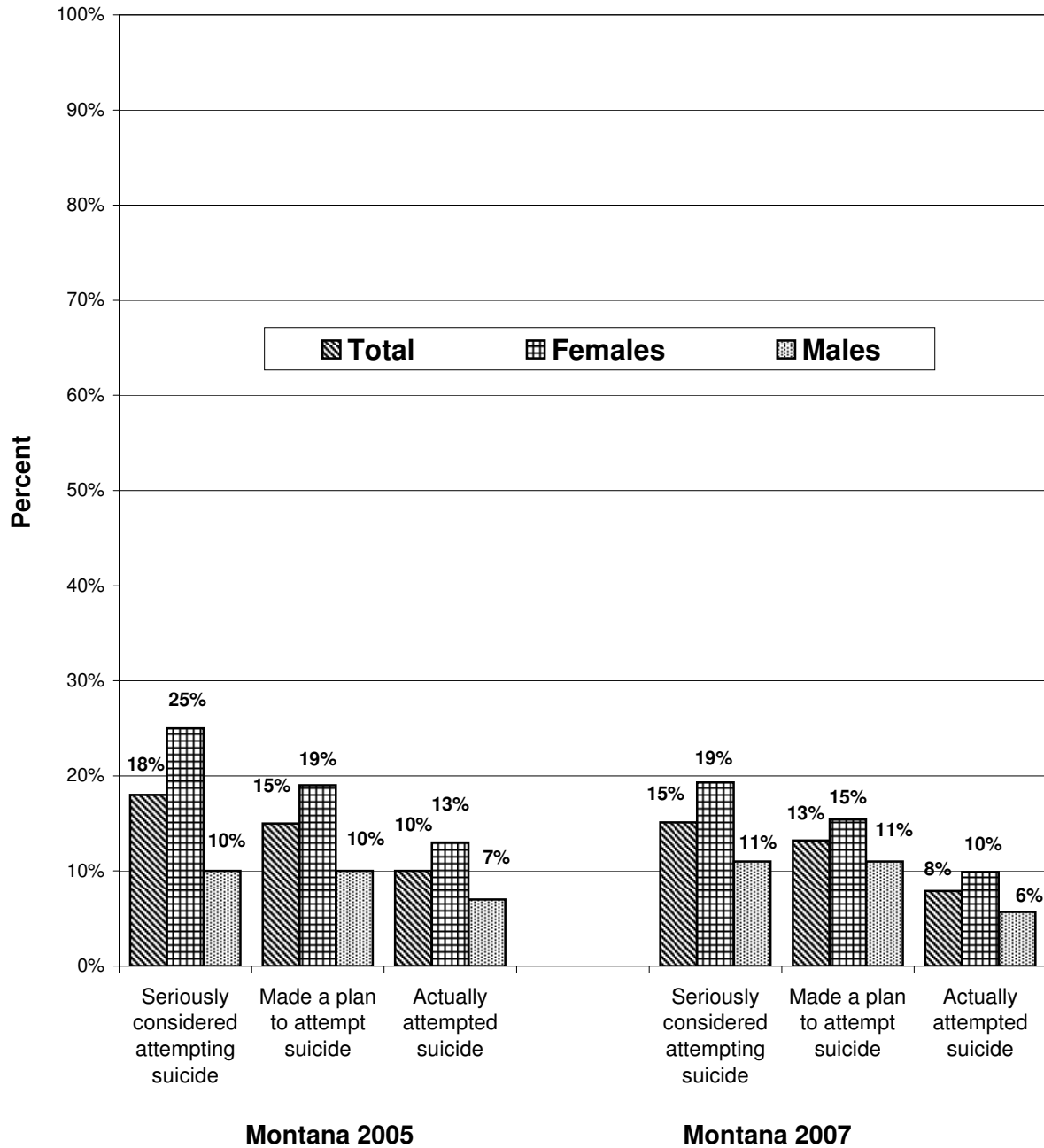


Figure 7

Tobacco use risk behaviors of high school students

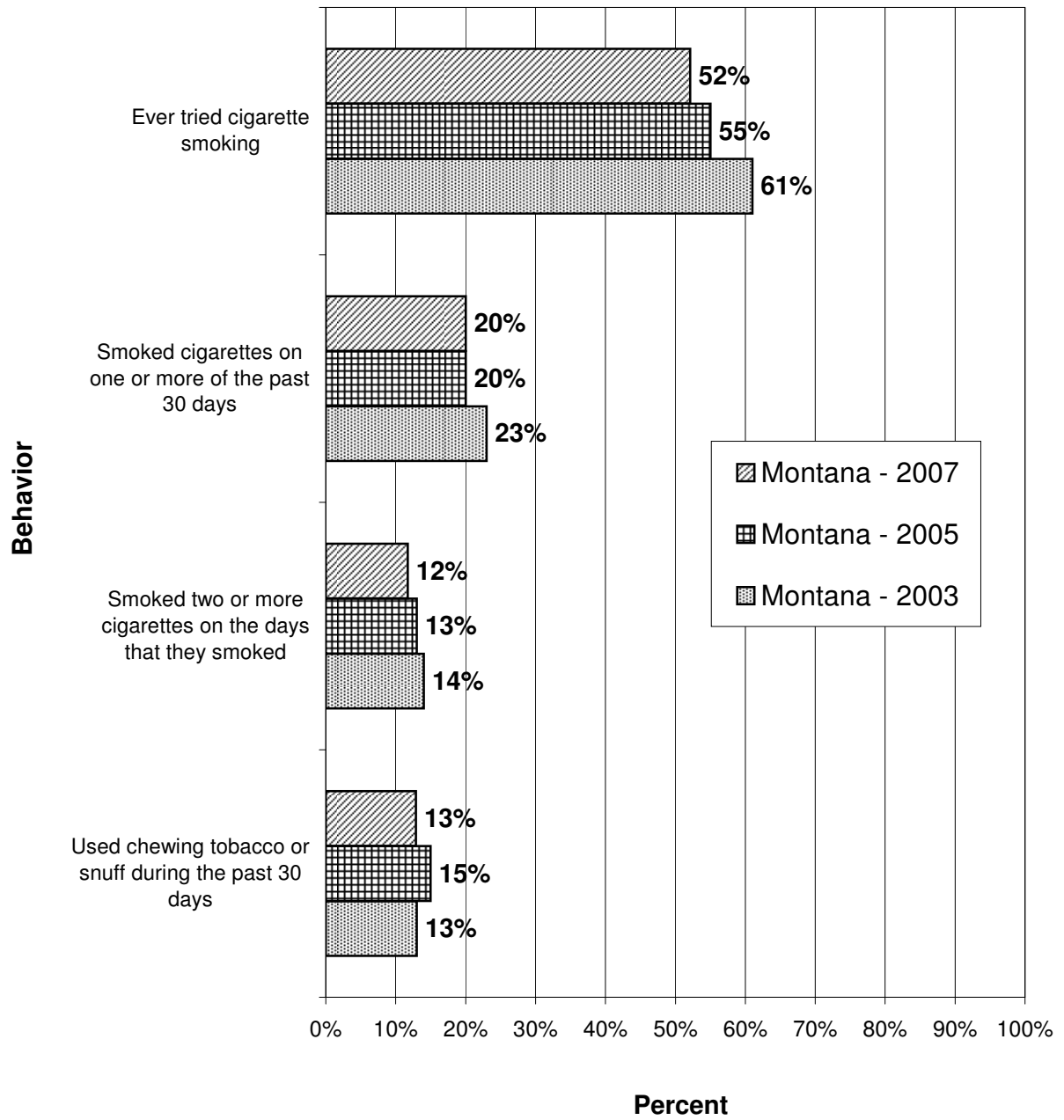


Figure 8

Percent of high school students who reported that they were current smokers or that they used chewing tobacco or snuff in the 30 days prior to the survey, by gender

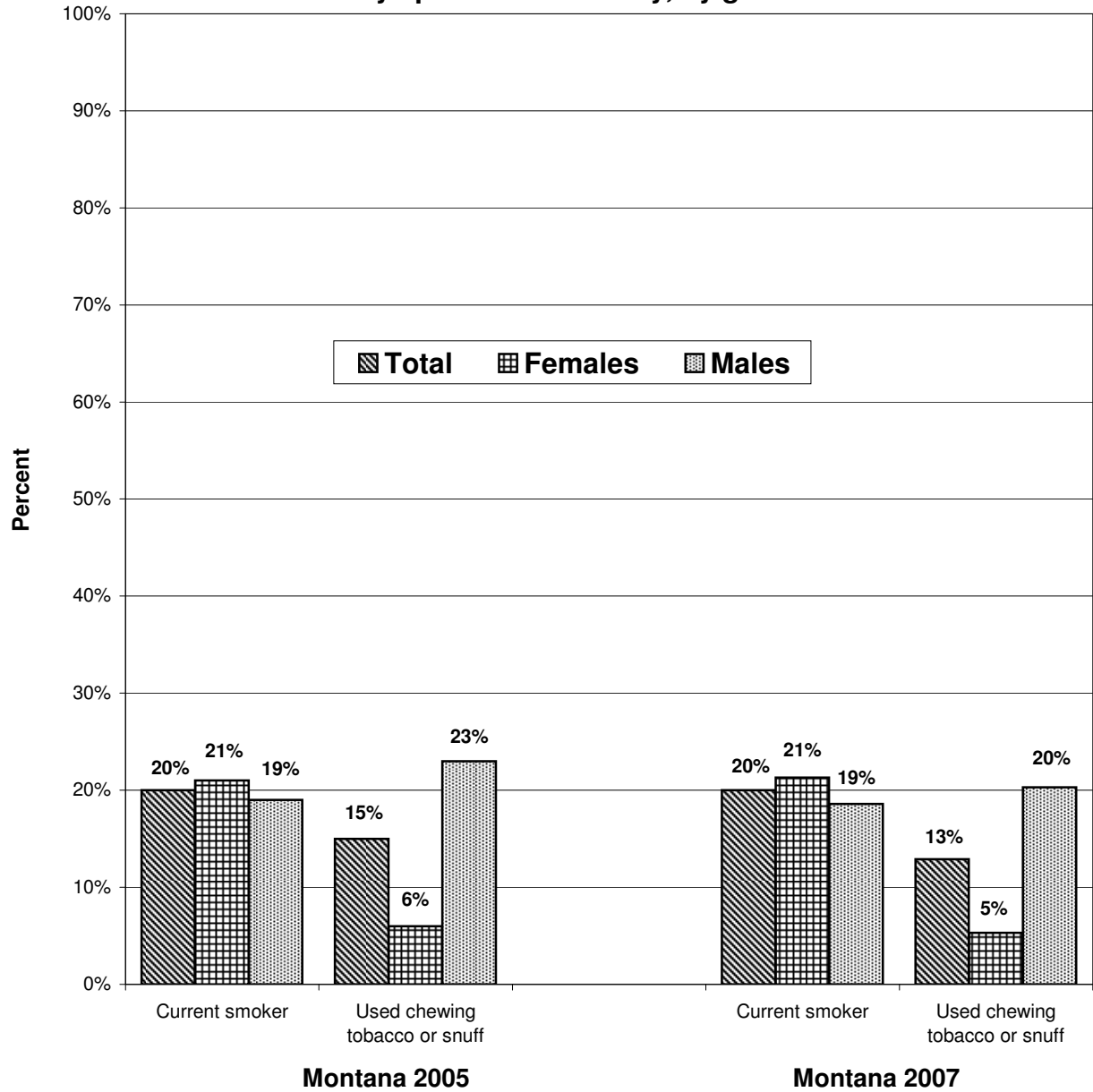


Figure 9

**Alcohol and other drug use risk behaviors of Montana
high school students**

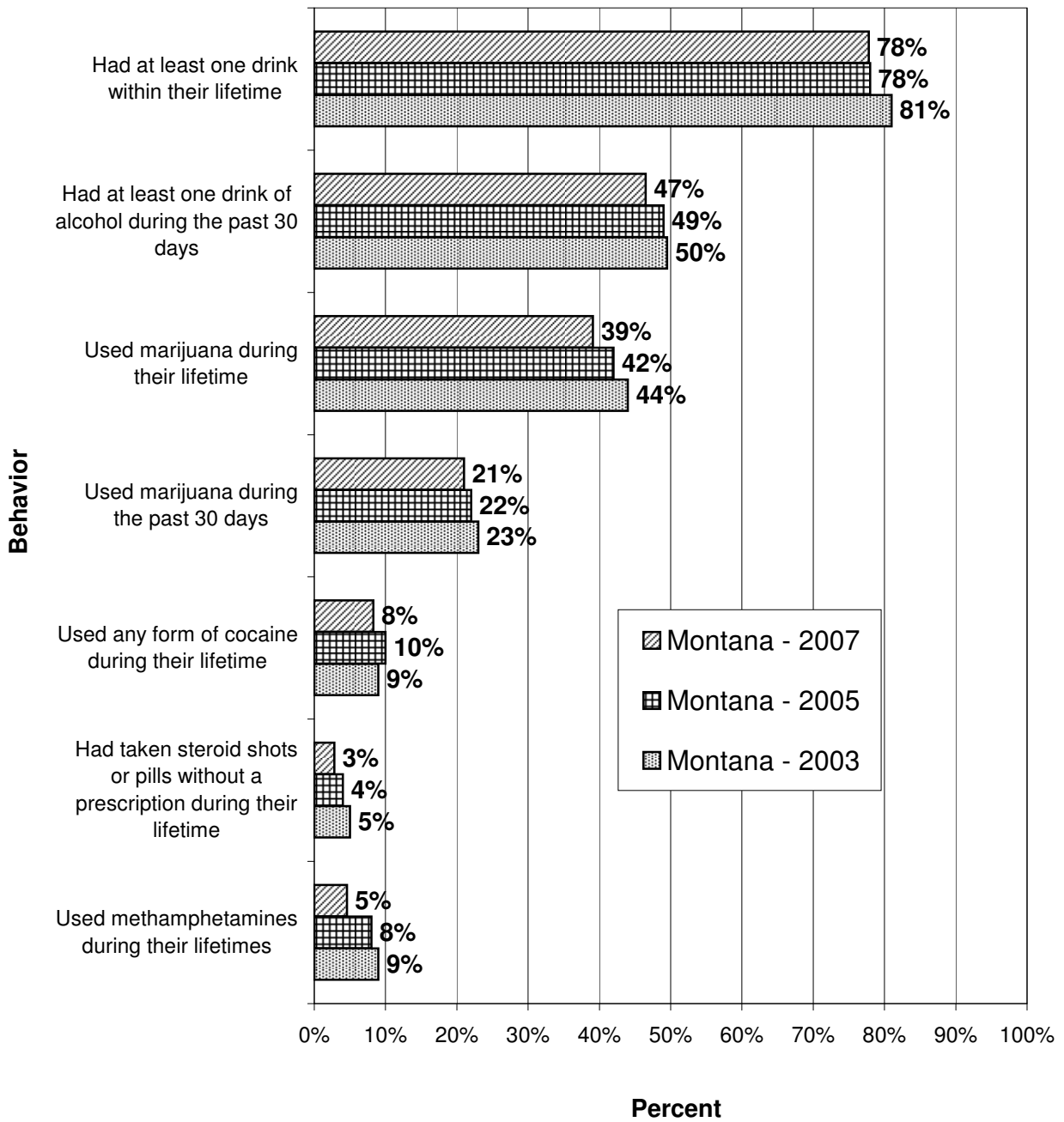


Figure 10

**Percent of high school students with a potential for alcohol
and other drug use**

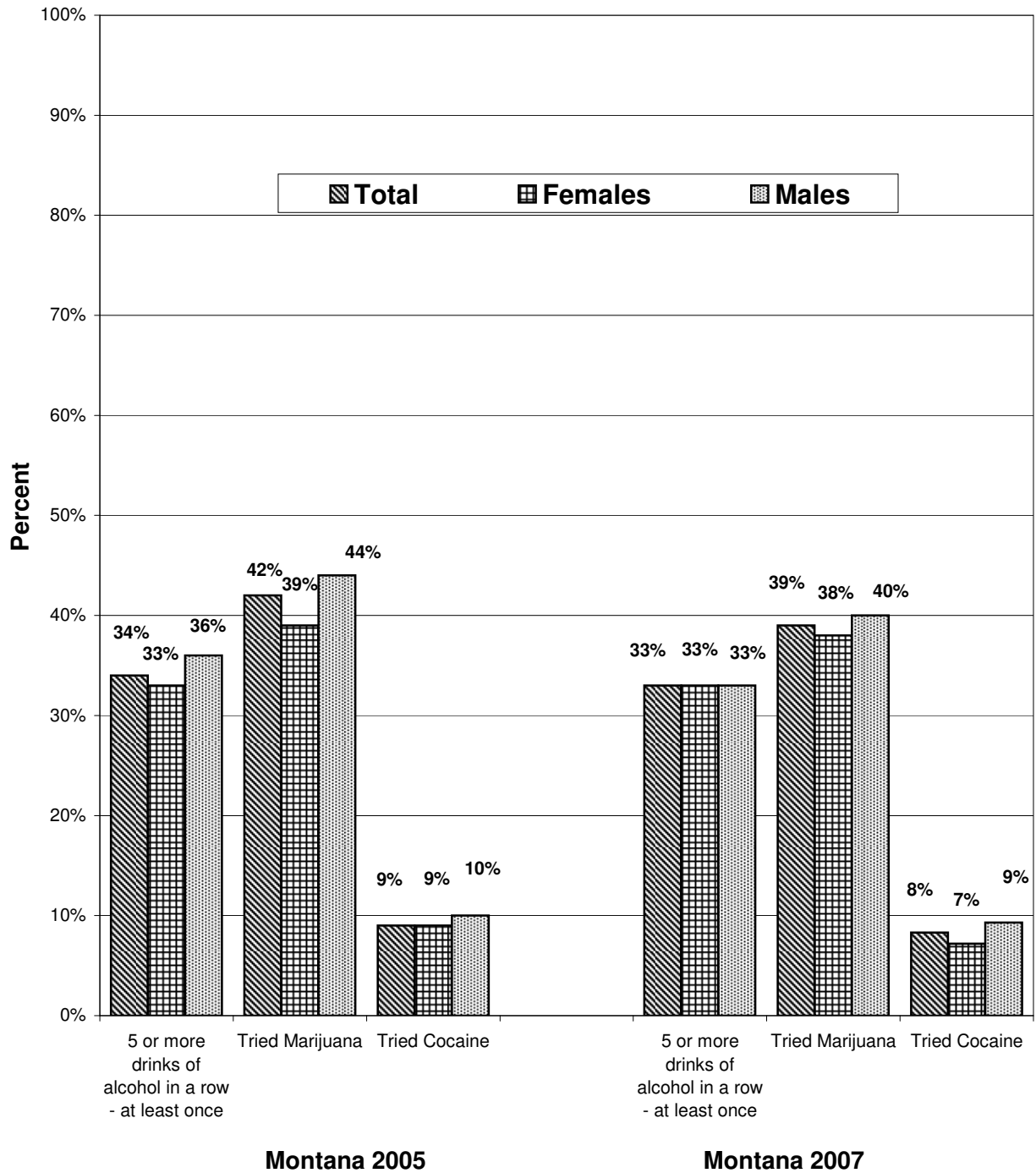


Figure 11
Sexual behaviors of Montana high school students

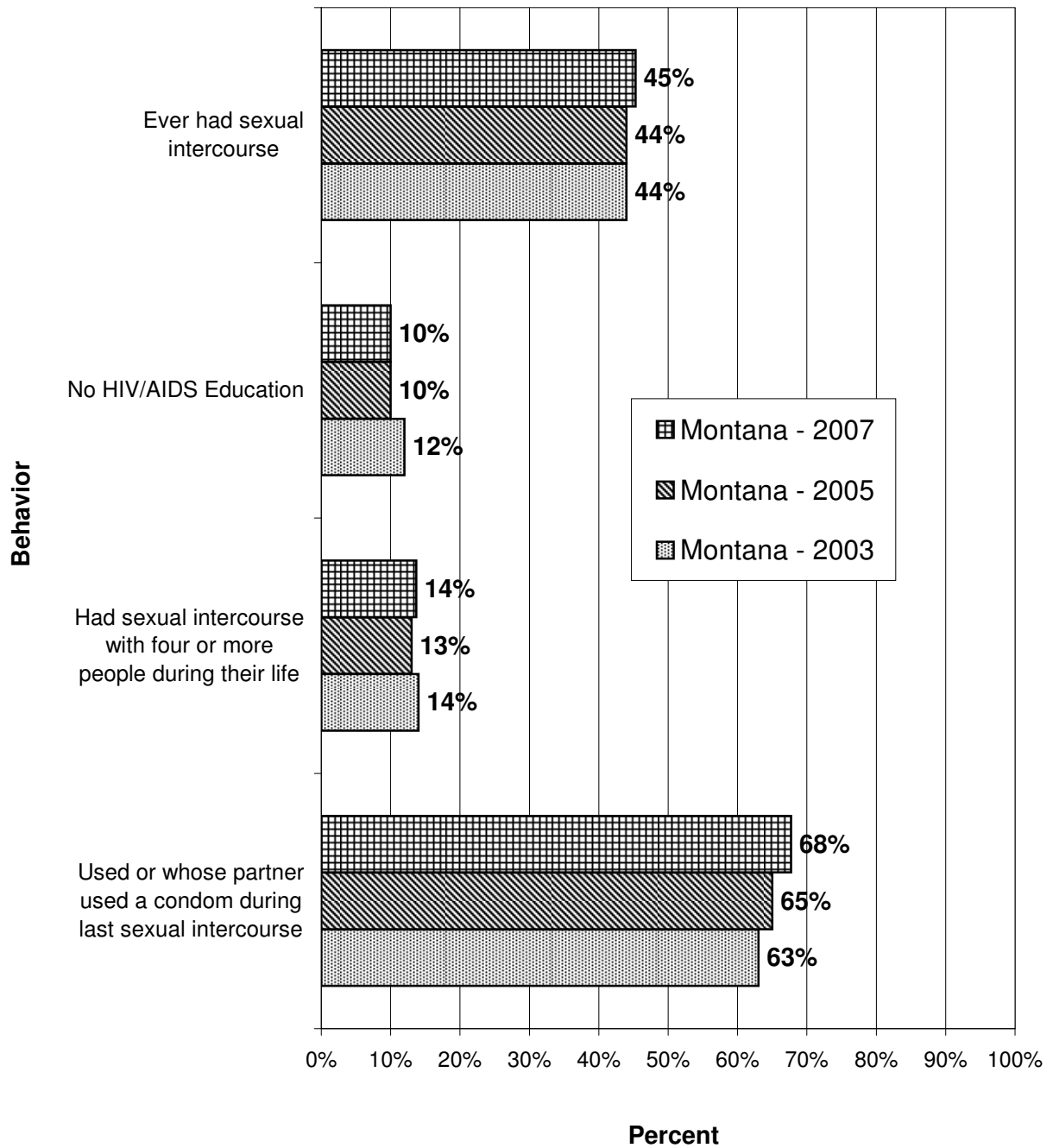


Figure 12

Percent of high school students who reported ever having had sexual intercourse, by gender

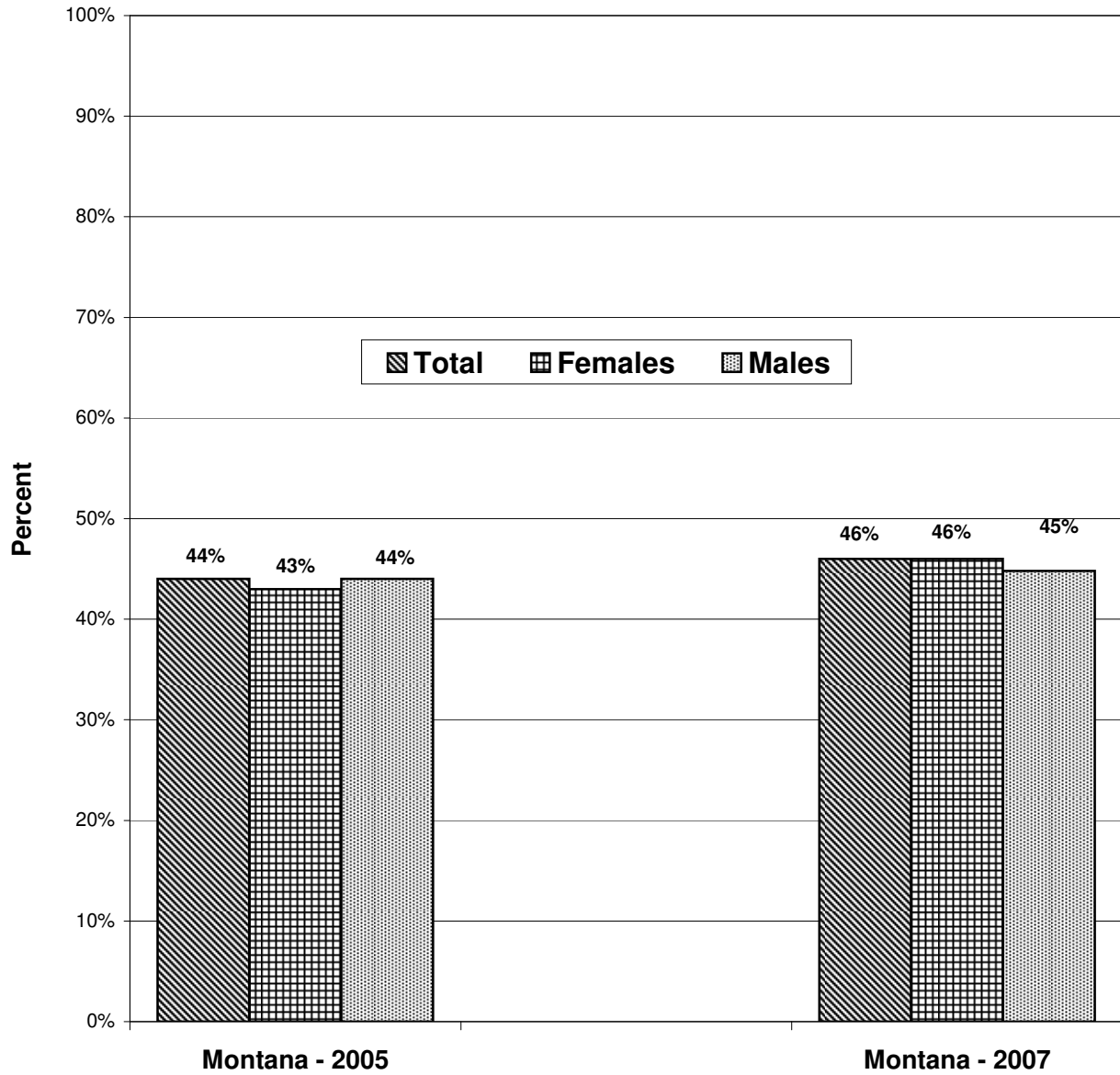


Figure 13

Percent of high school students who have had sexual intercourse and reported having engaged in high-risk sexual behaviors

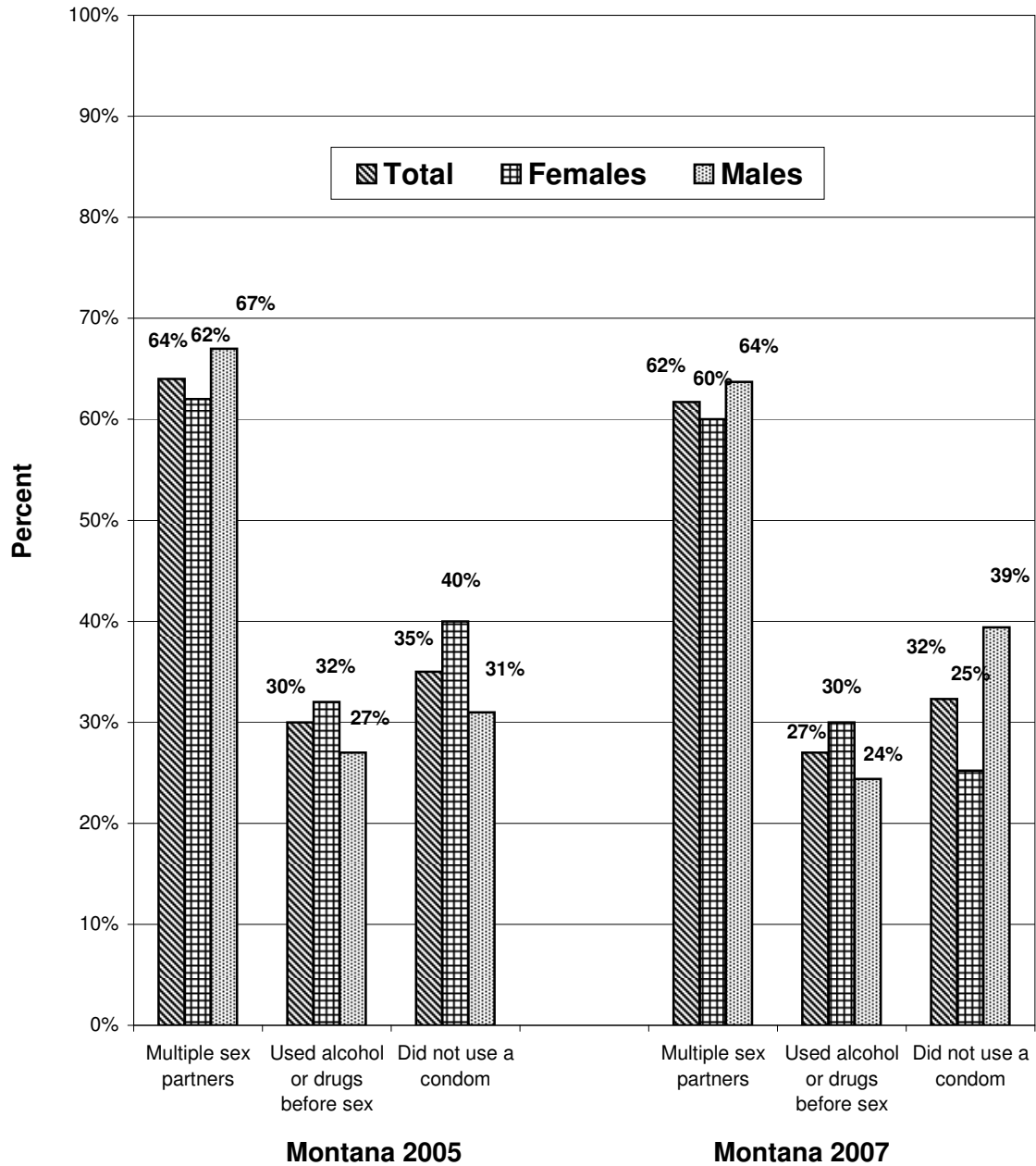


Figure 14
Physical activities of high school students

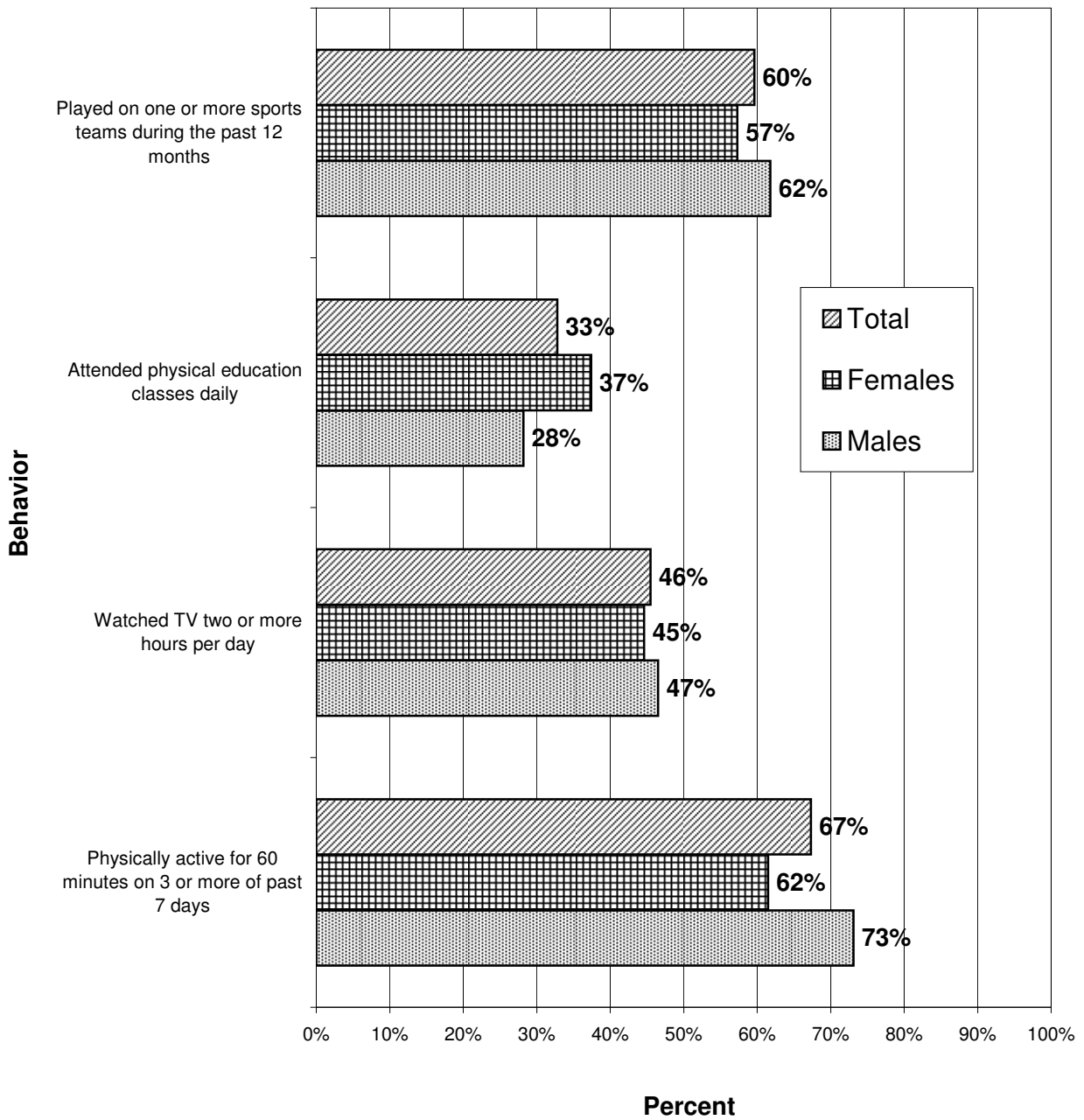
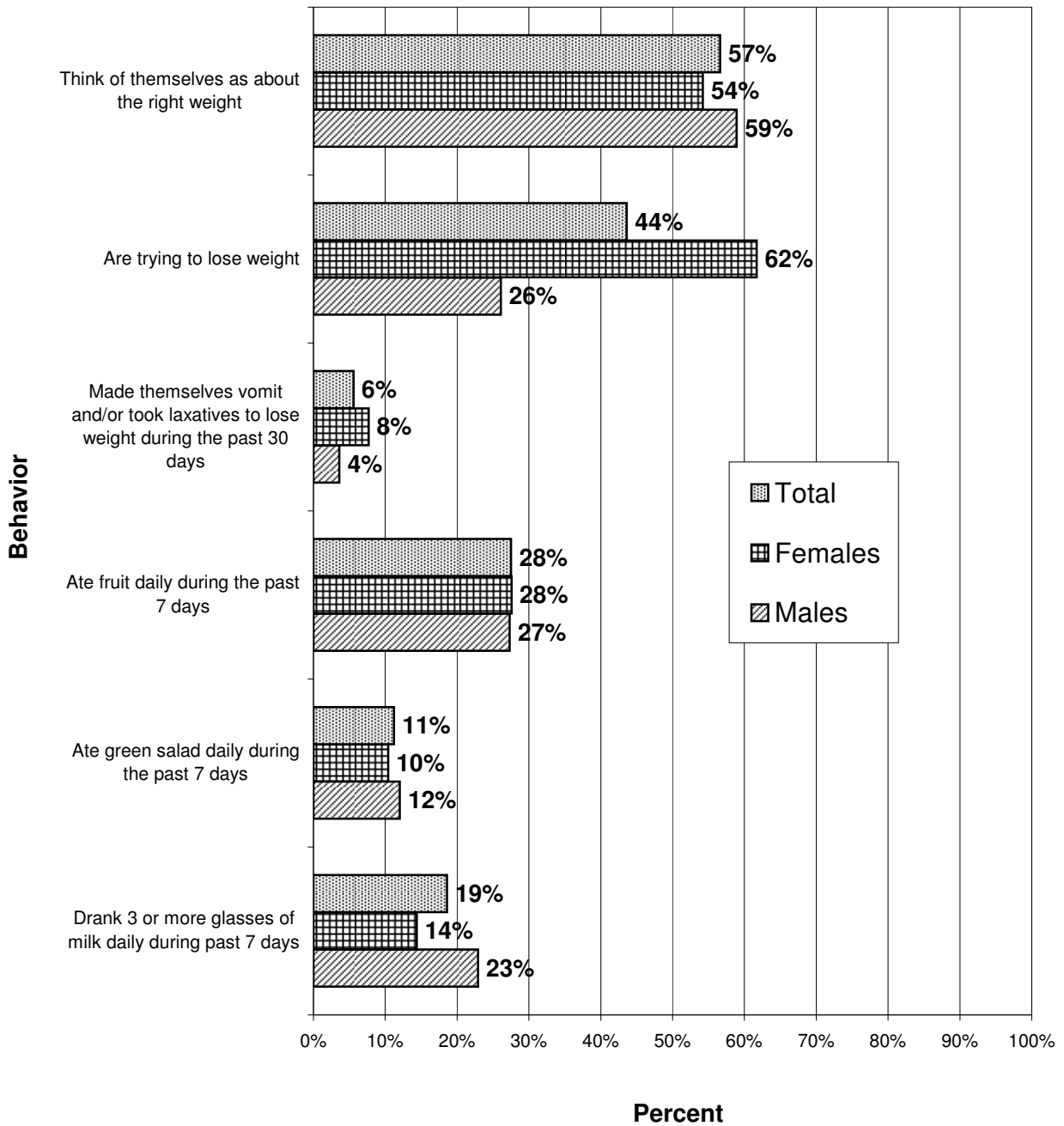


Figure 15
Dietary behaviors of high school students



APPENDIX C

ADDITIONAL CHARTS

List of Charts in Appendix C

<u>Topic</u>	<u>YRBS Question</u>	<u>Chart</u>
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-9	3
Seat belt usage	Q-89	4
Physical fighting	Q-20	5
Suicide related	Q-23	6
Tobacco use	Q-29	7
Tobacco use	Q-31	8
Tobacco use	Q-33	9
Alcohol use	Q-39	10
Marijuana use	Q-45	11
Drug use	Q-51	12
Drug use	Q-56	13
Sexual behavior	Q-61	14
Sexual behavior	Q-64	15
Weight	Q-65	16
Physical activity	Q-80	17
Physical activity	Q-83	18
Physical activity	Q-84	19
HIV/AIDS Education	Q-85	20

Chart 1

Q-1 How old are you?

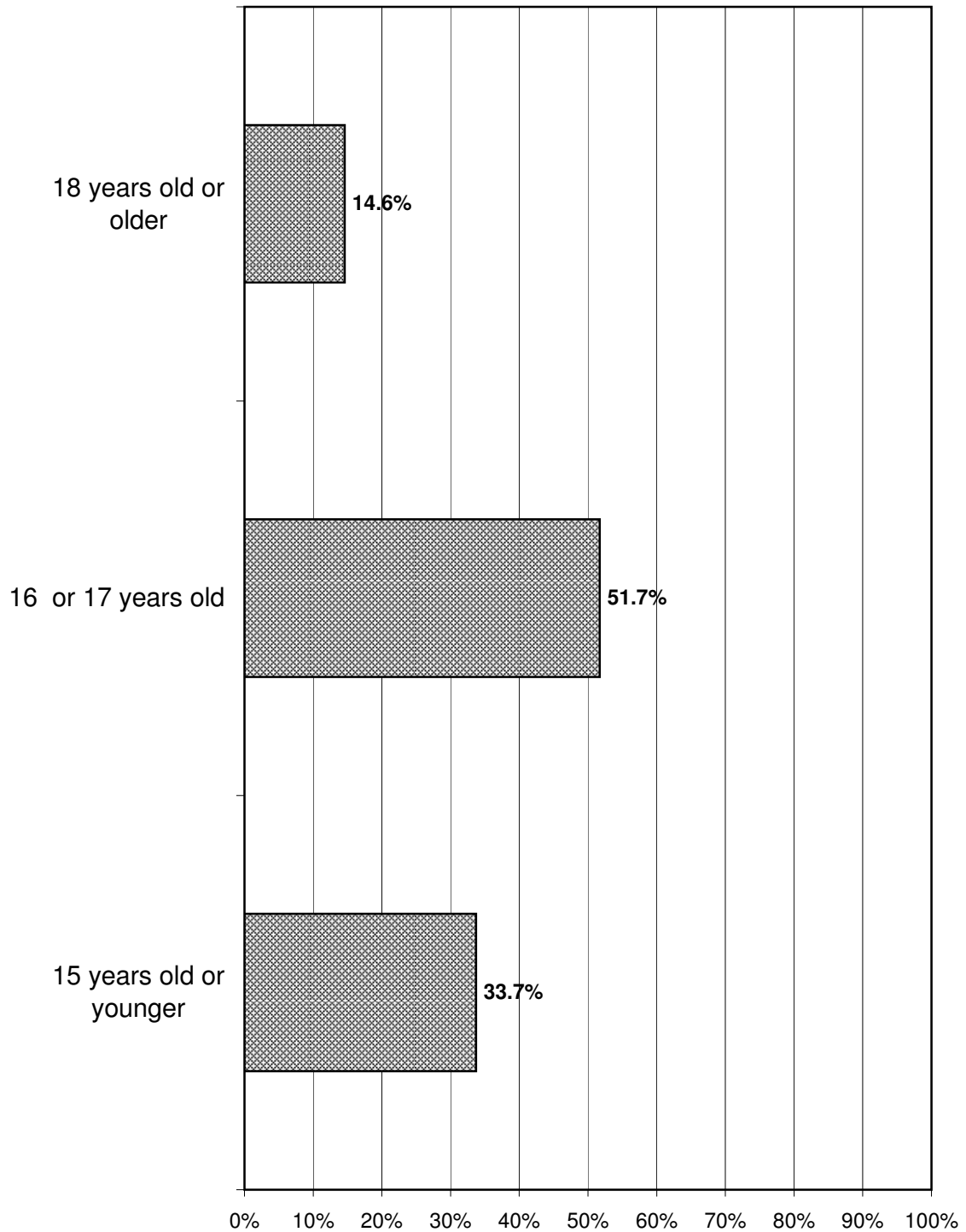


Chart 2

Q-3 In what grade are you?

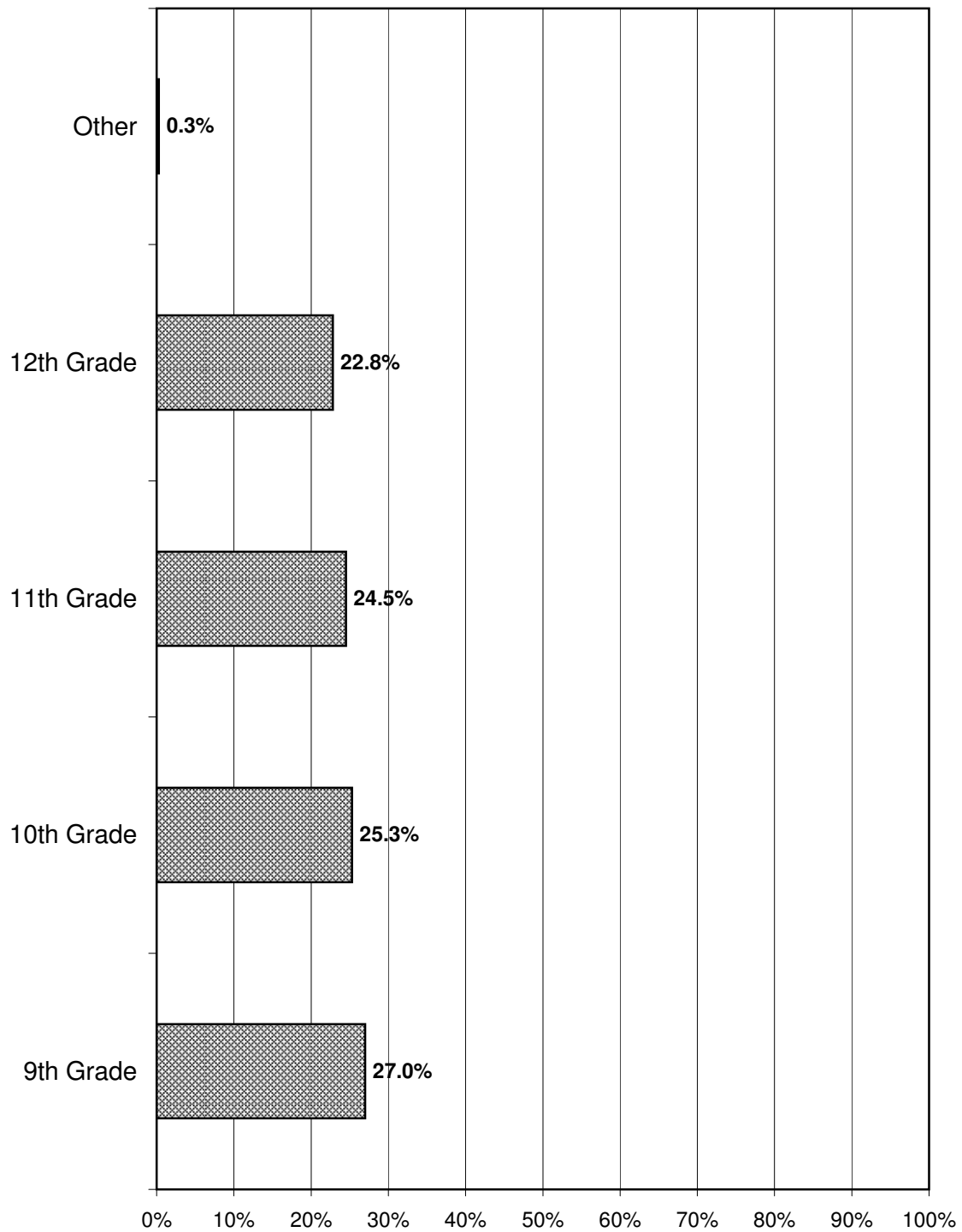


Chart 3

**Q-9 How often do you wear a seat belt when riding in a car
driven by someone else?**

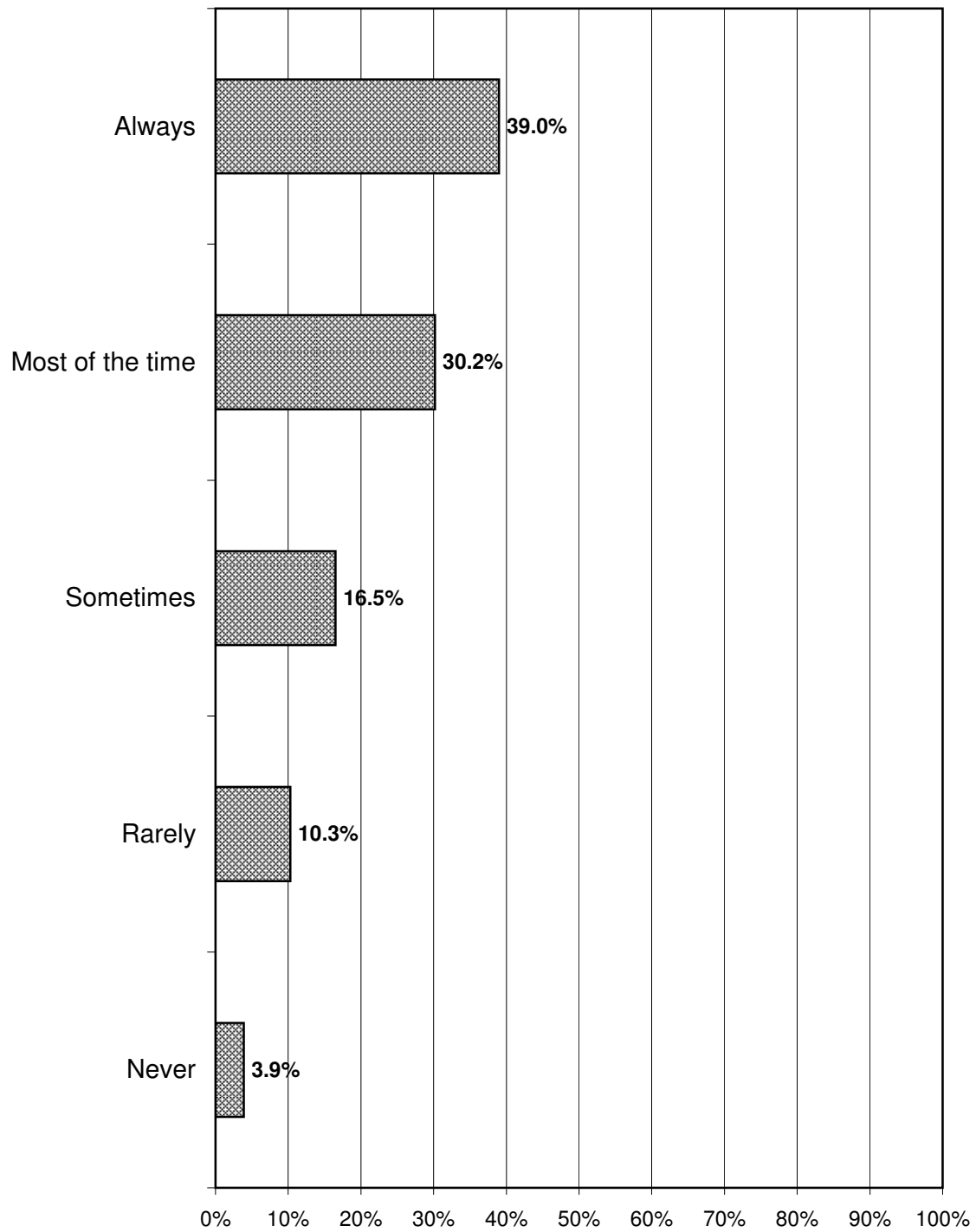


Chart 4

Q-89 How often do you wear a seat belt when driving a car?

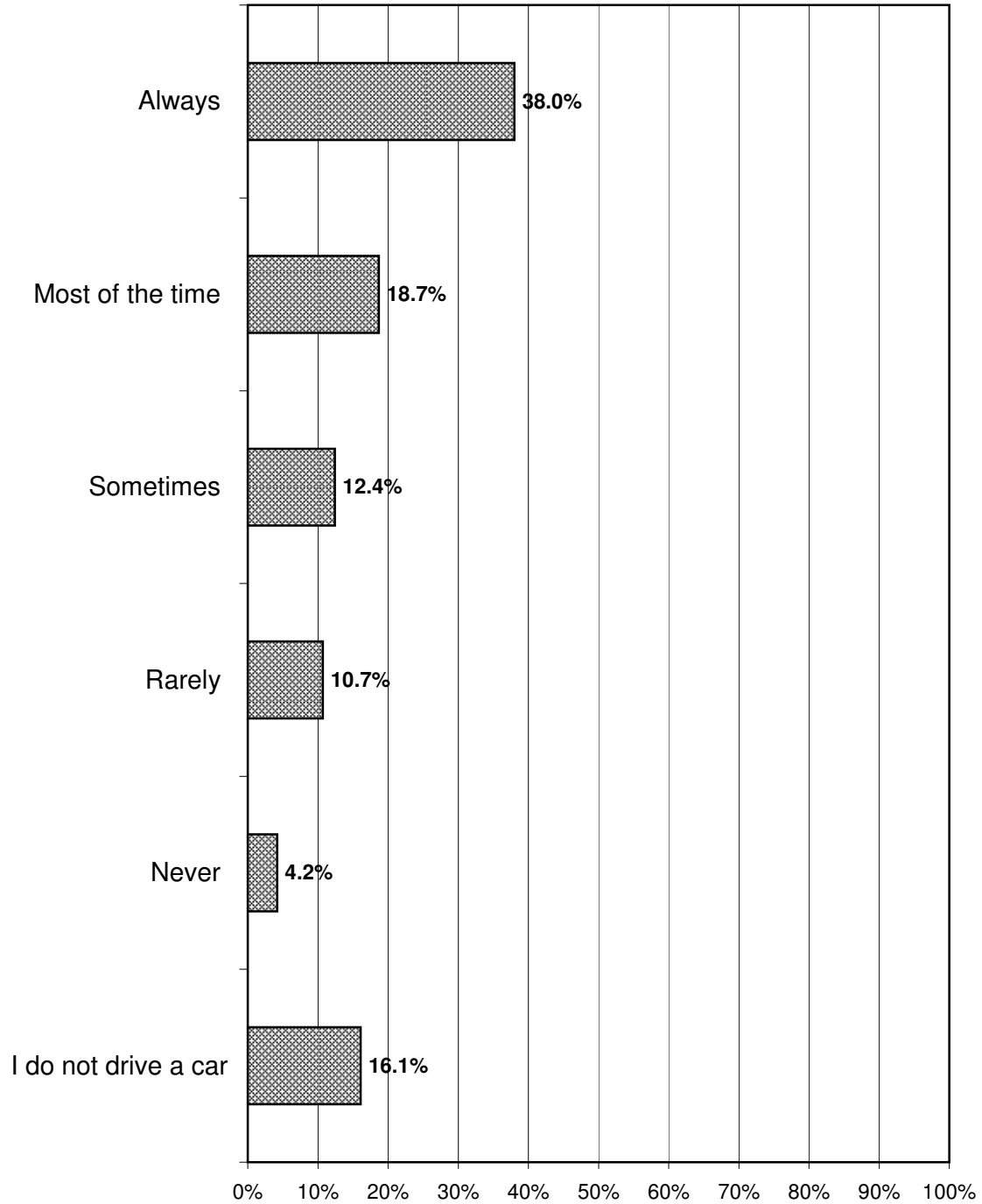


Chart 5
**Q-20 During the past 12 months, how many times were you
in a physical fight on school property?**

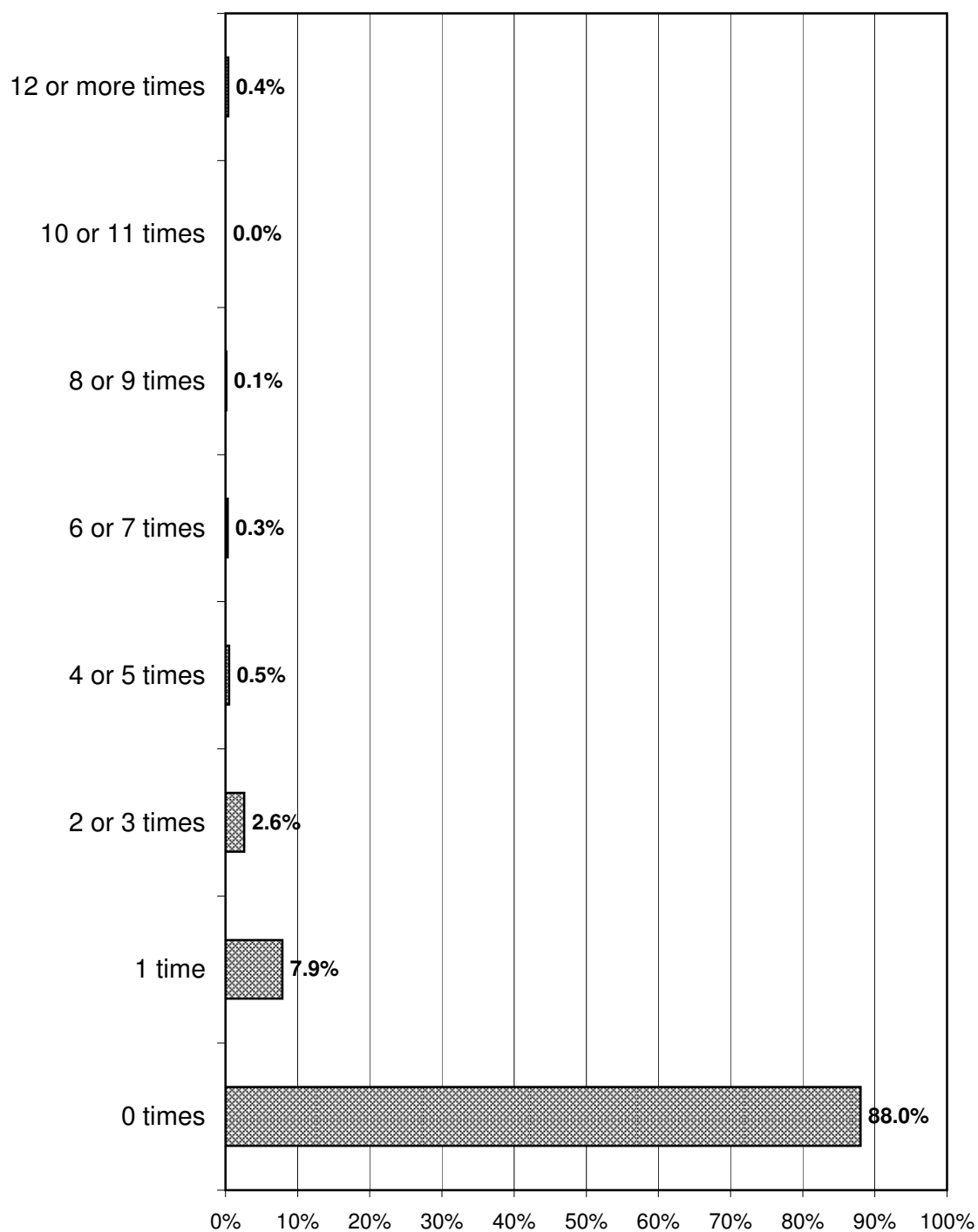


Chart 6

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

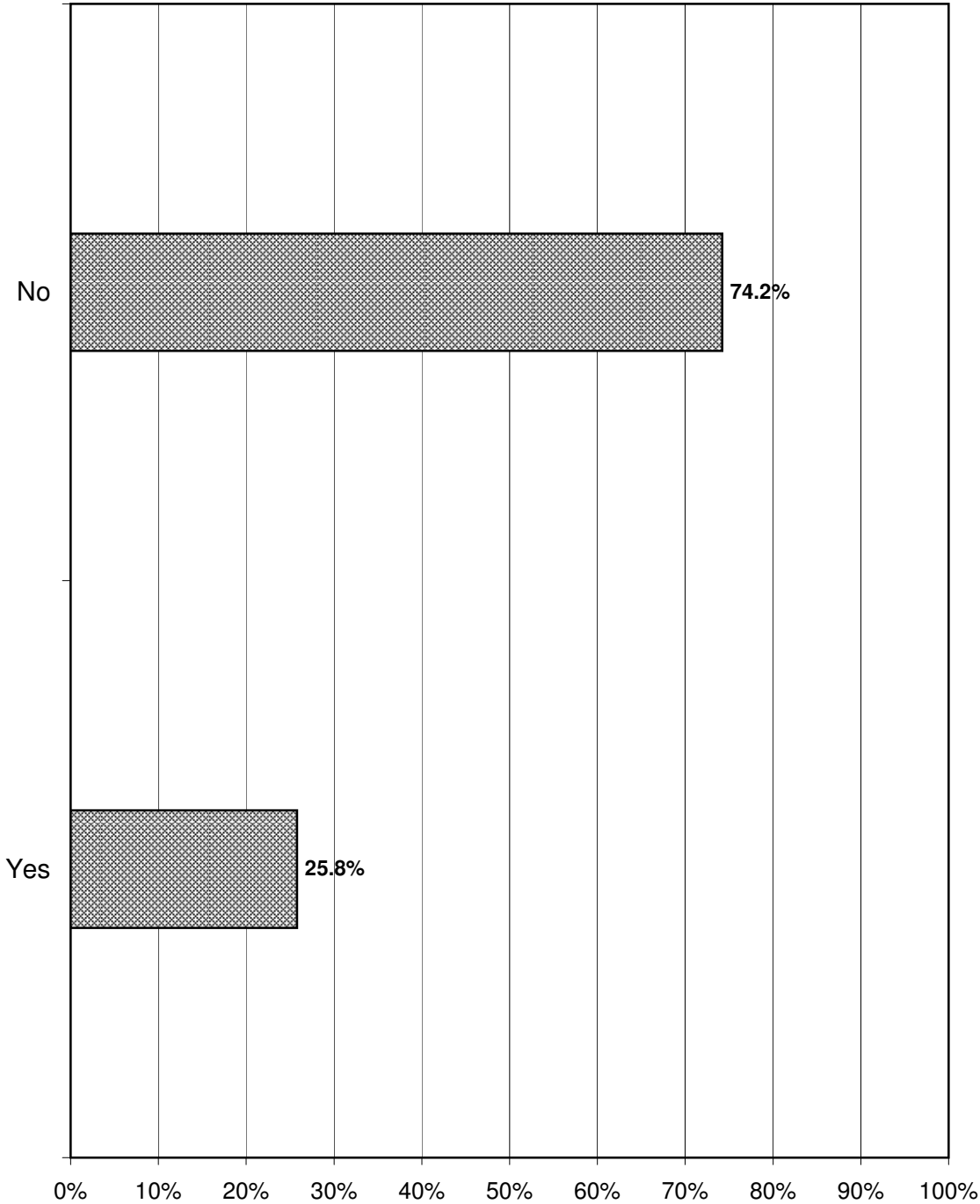


Chart 7
Q-29 How old were you when you smoked a whole cigarette for the first time?

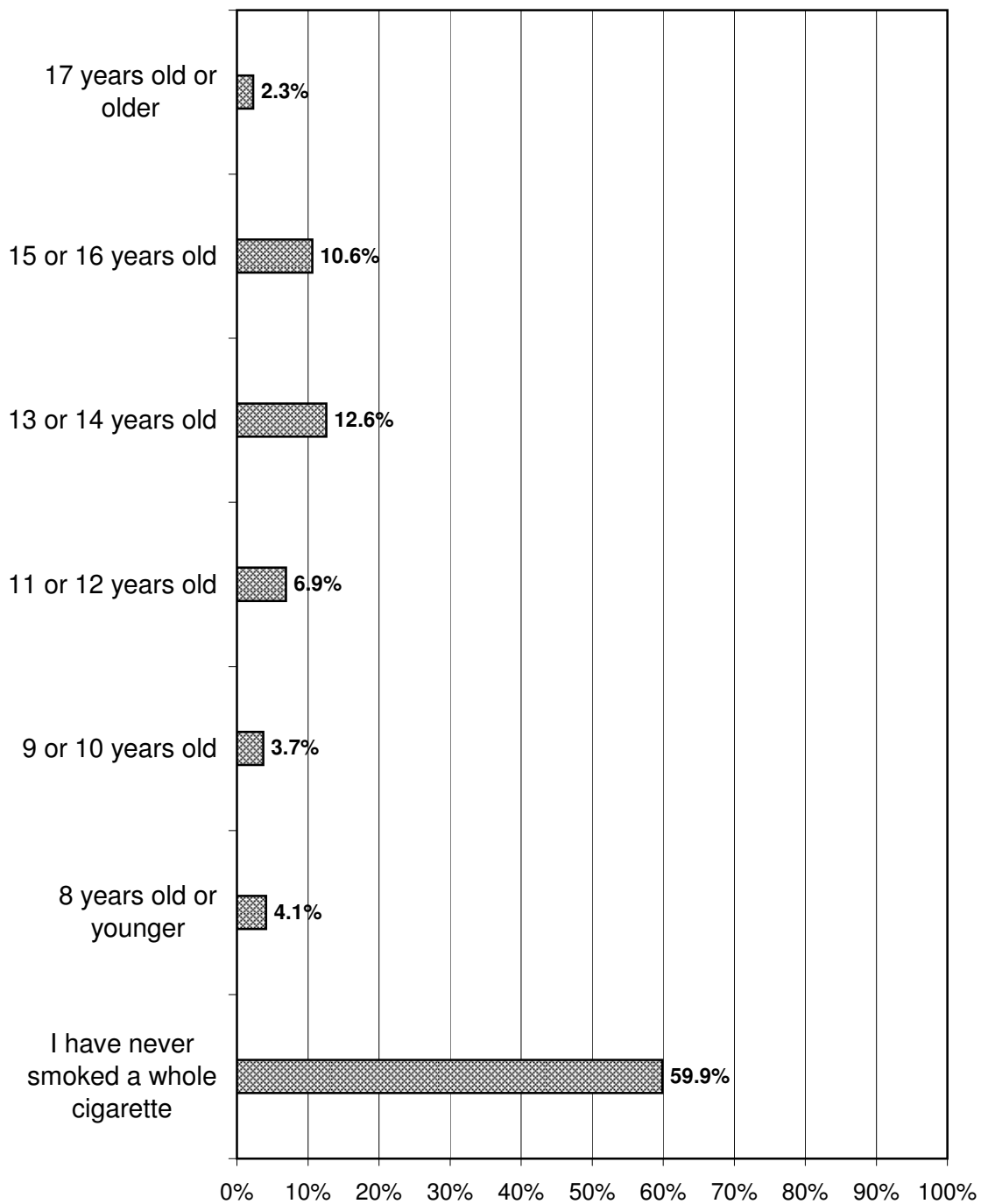


Chart 8
Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

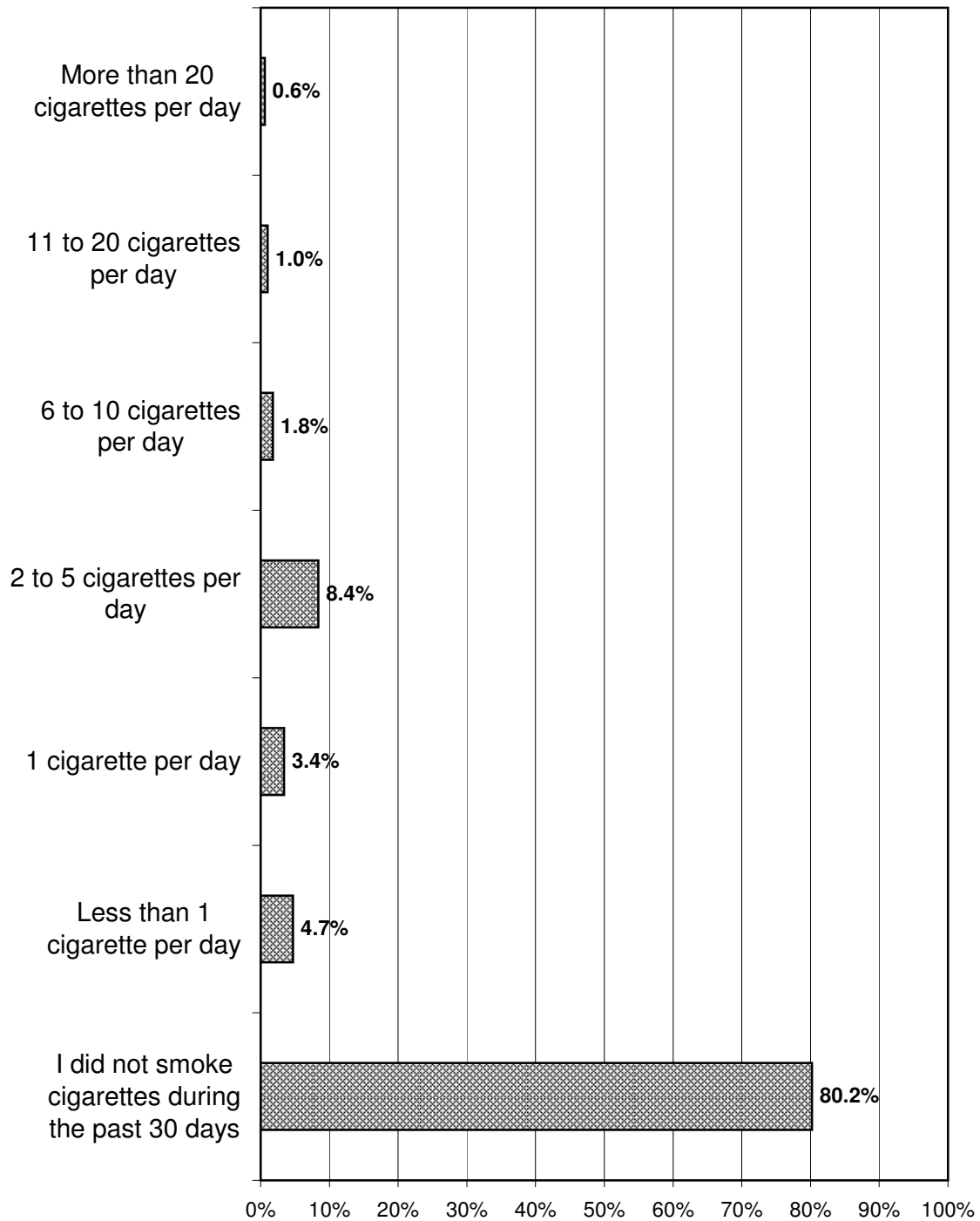


Chart 9
Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

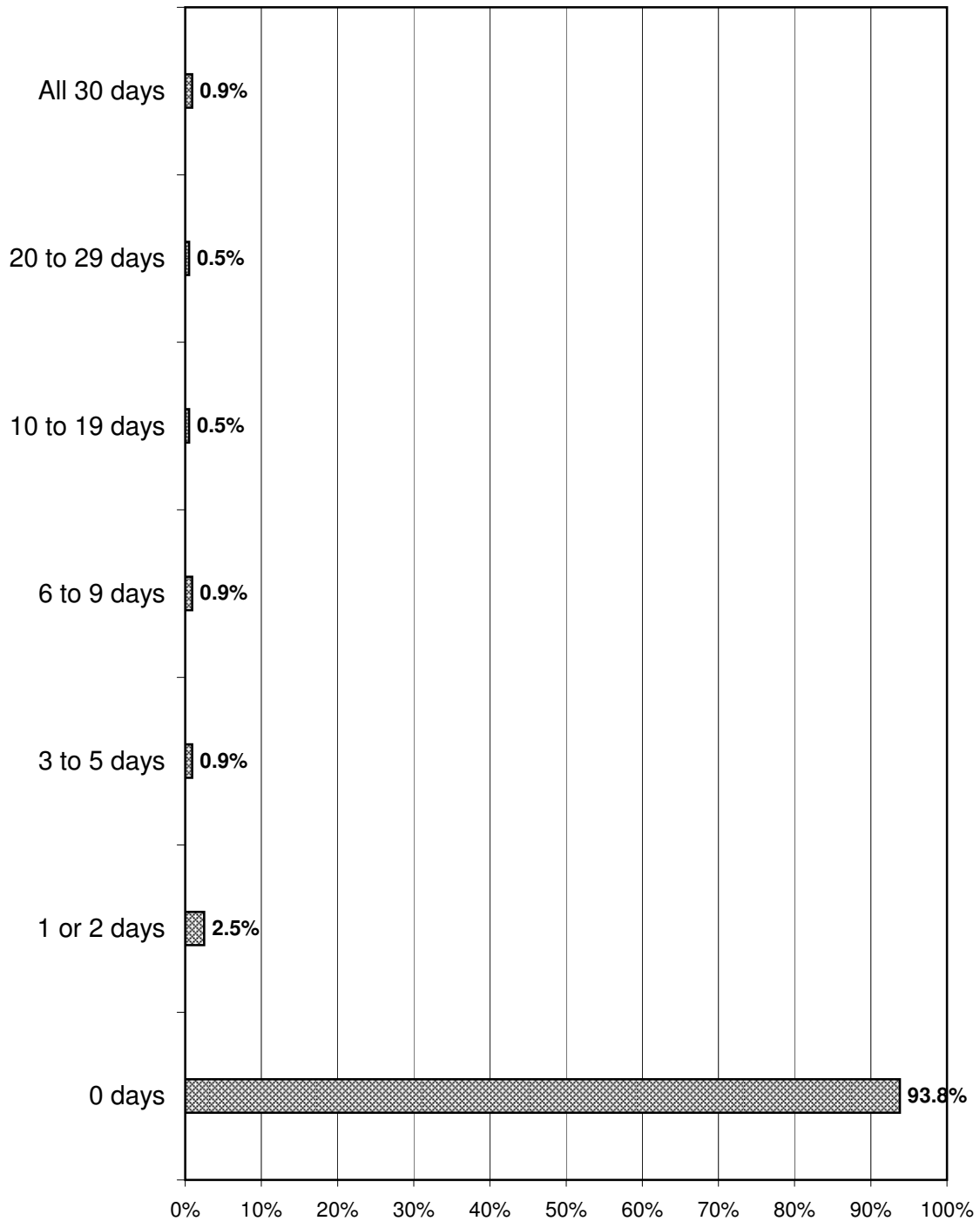


Chart 10
Q-39 During your life, on how many days have you had at least one drink of alcohol?

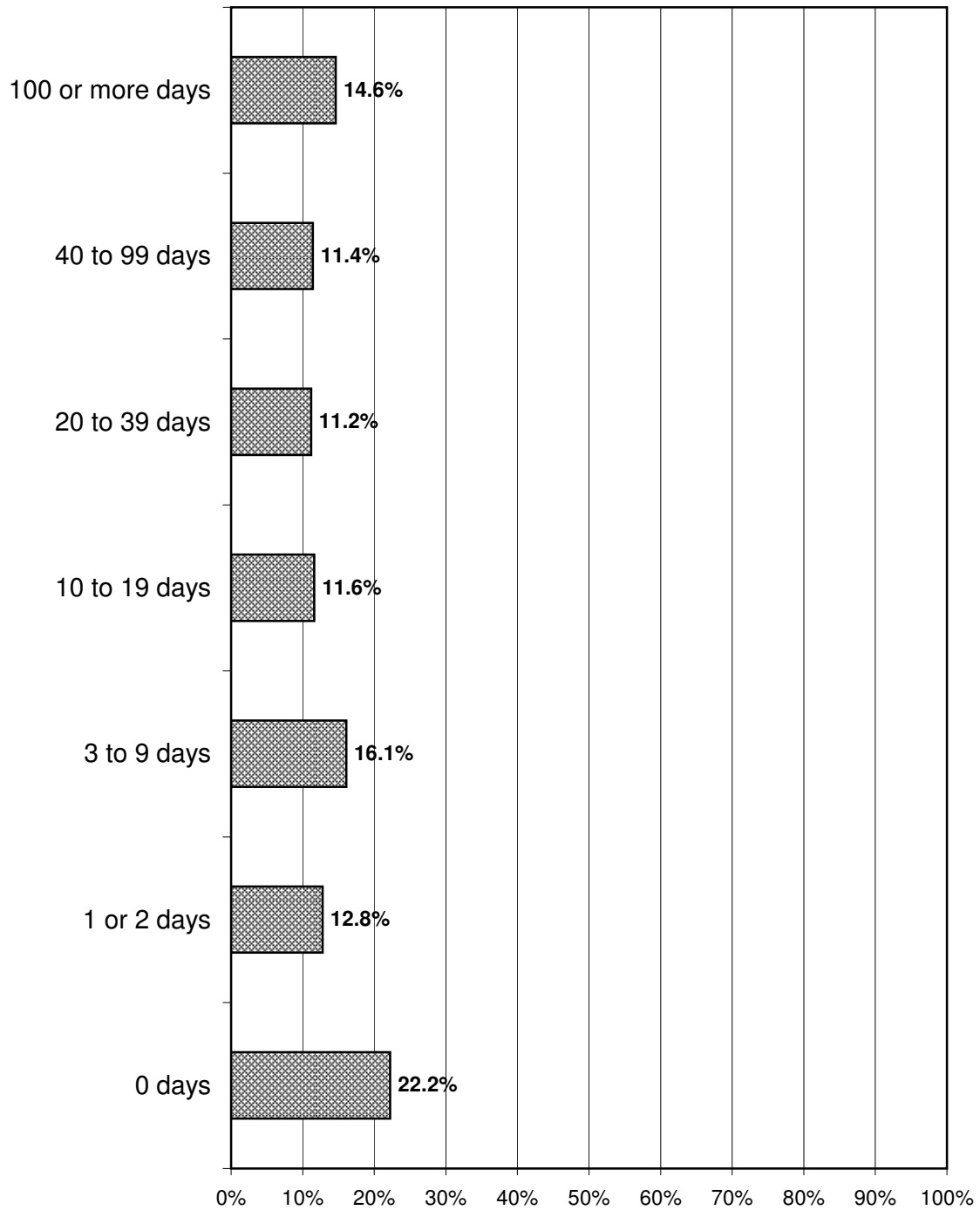


Chart 11
Q-45 During your life, how many times have you used marijuana?

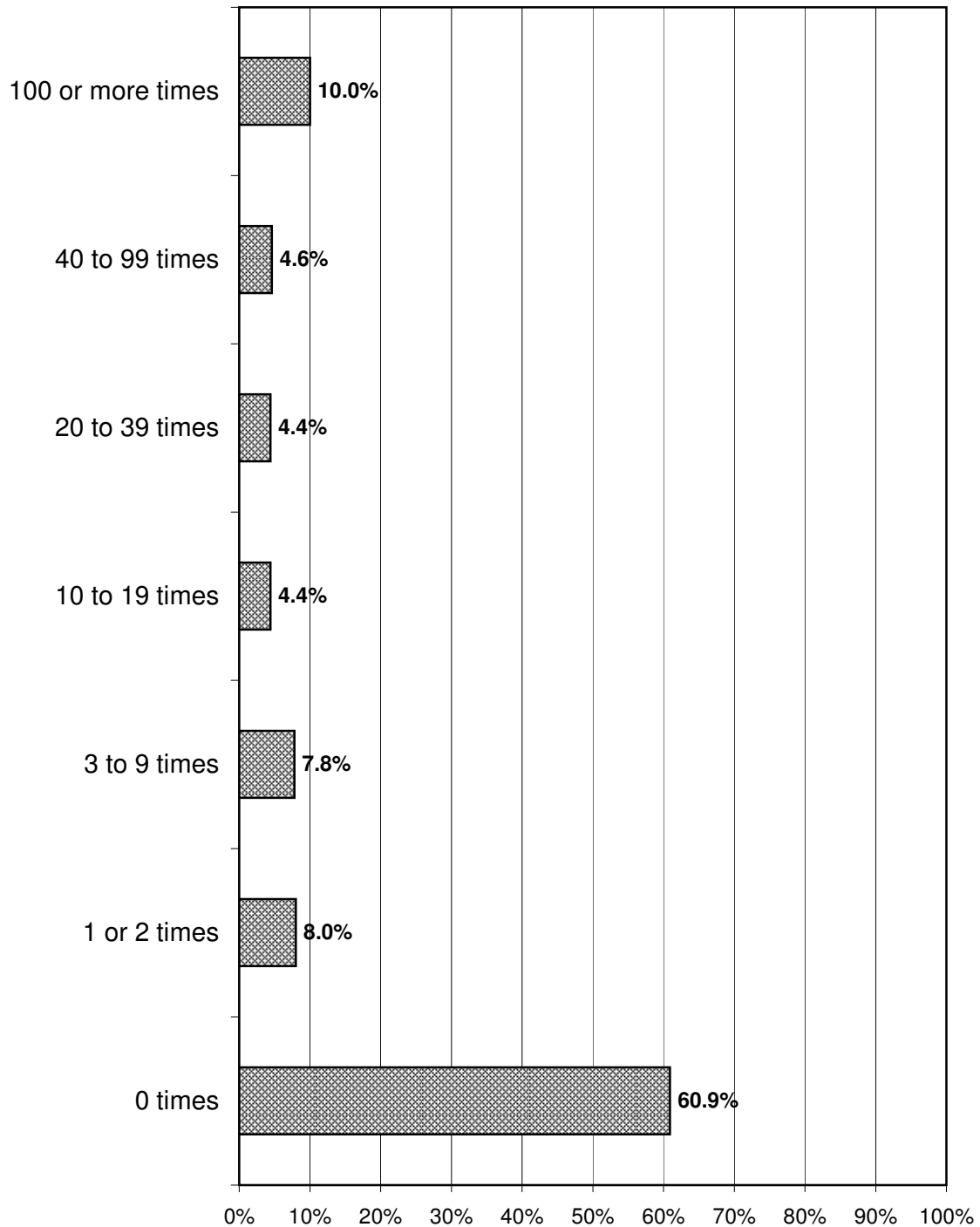


Chart 12

Q-51 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

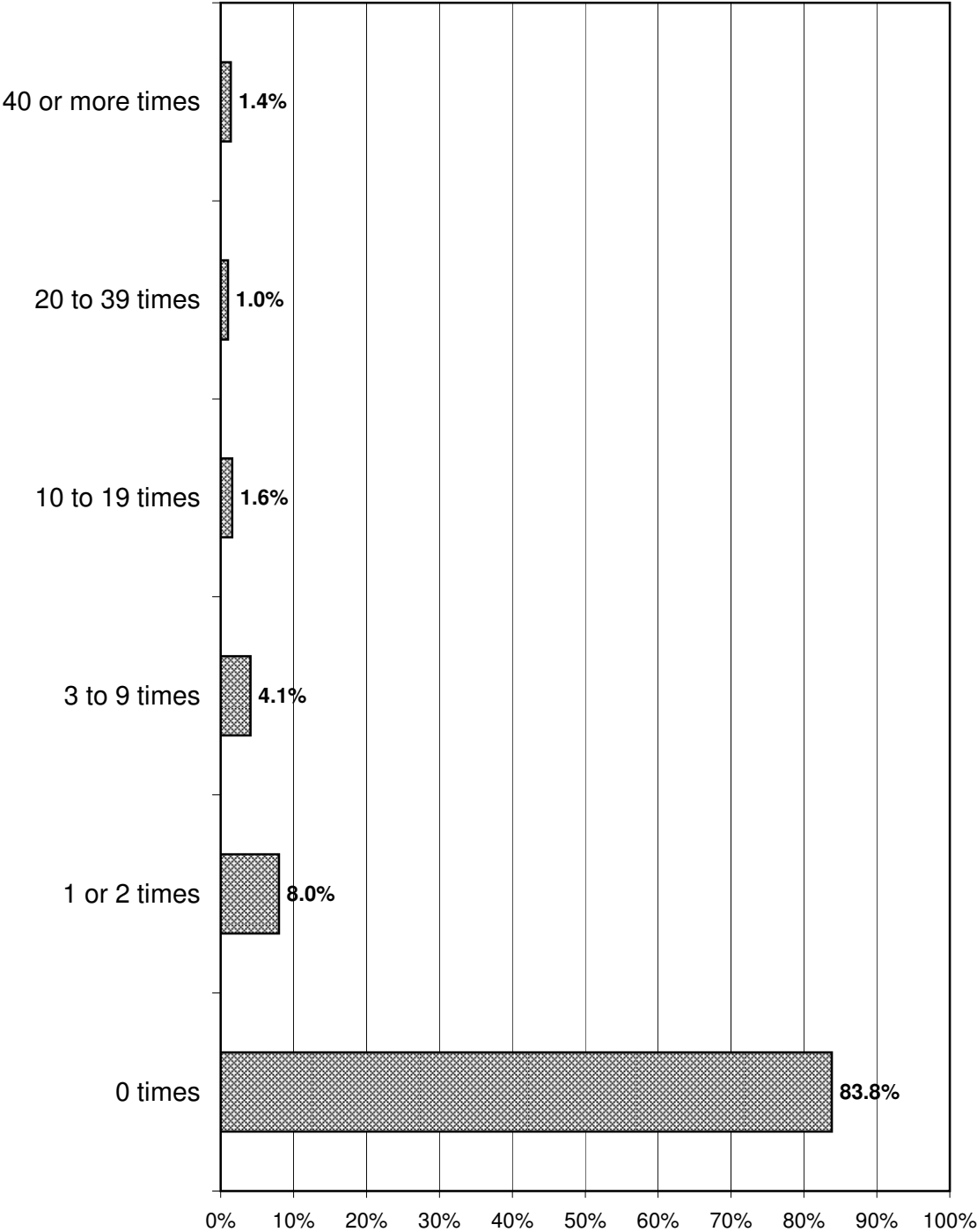


Chart 13

Q-56 During your life, how many times have you used a needle to inject any illegal drug into your body?

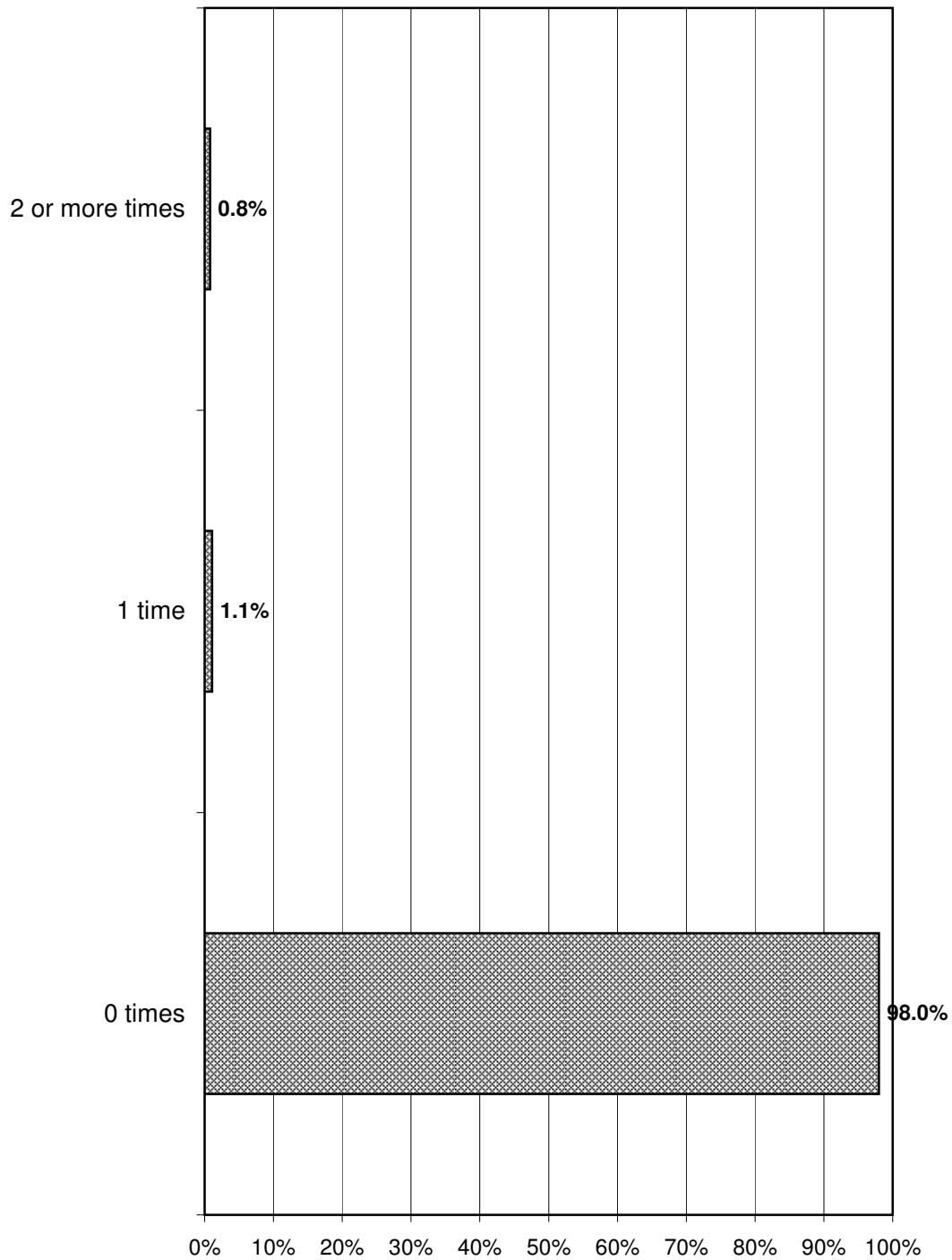


Chart 14
Q-61 During the past three months, with how many people
did you have sexual intercourse?

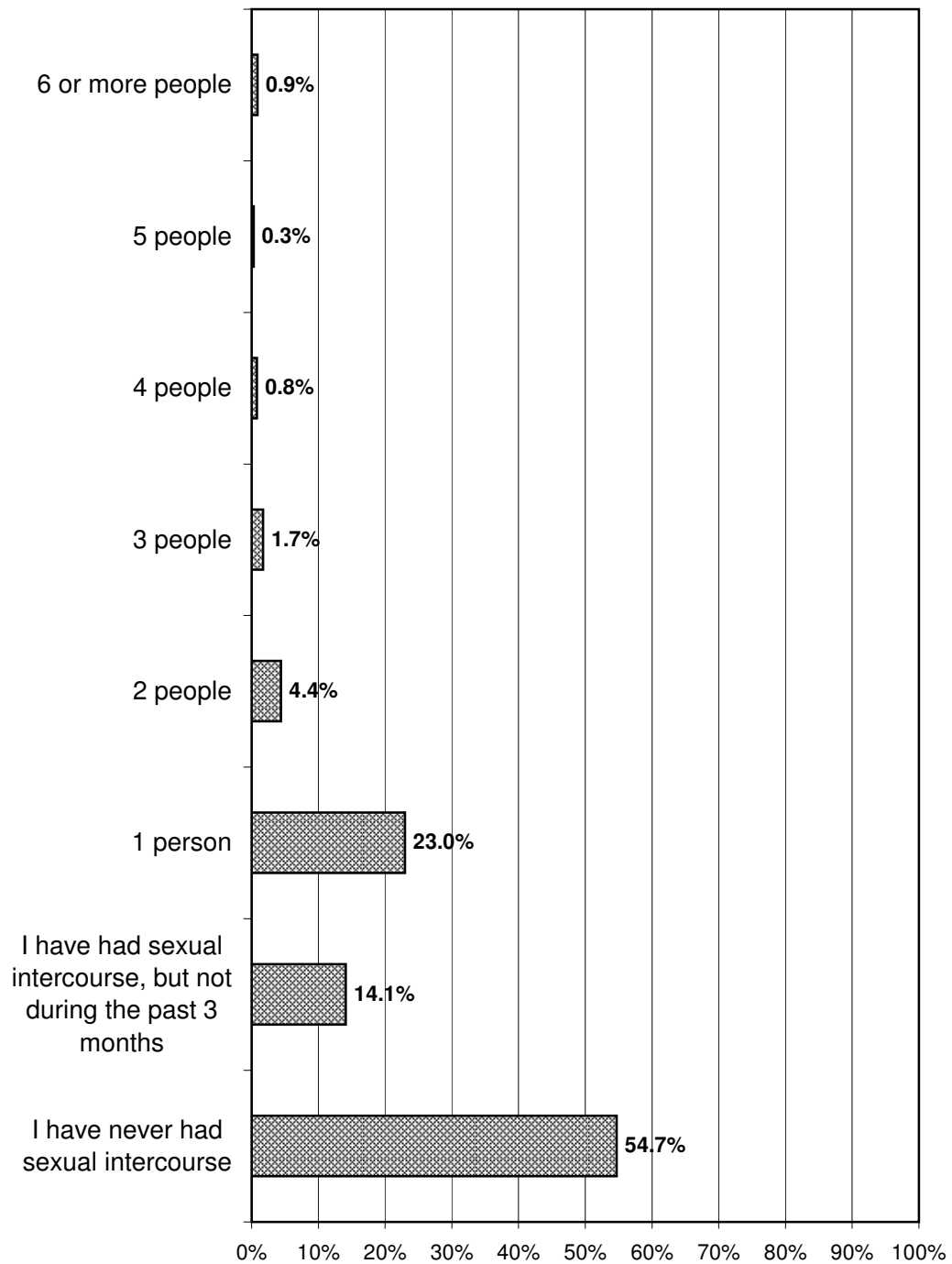


Chart 15

Q-64 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

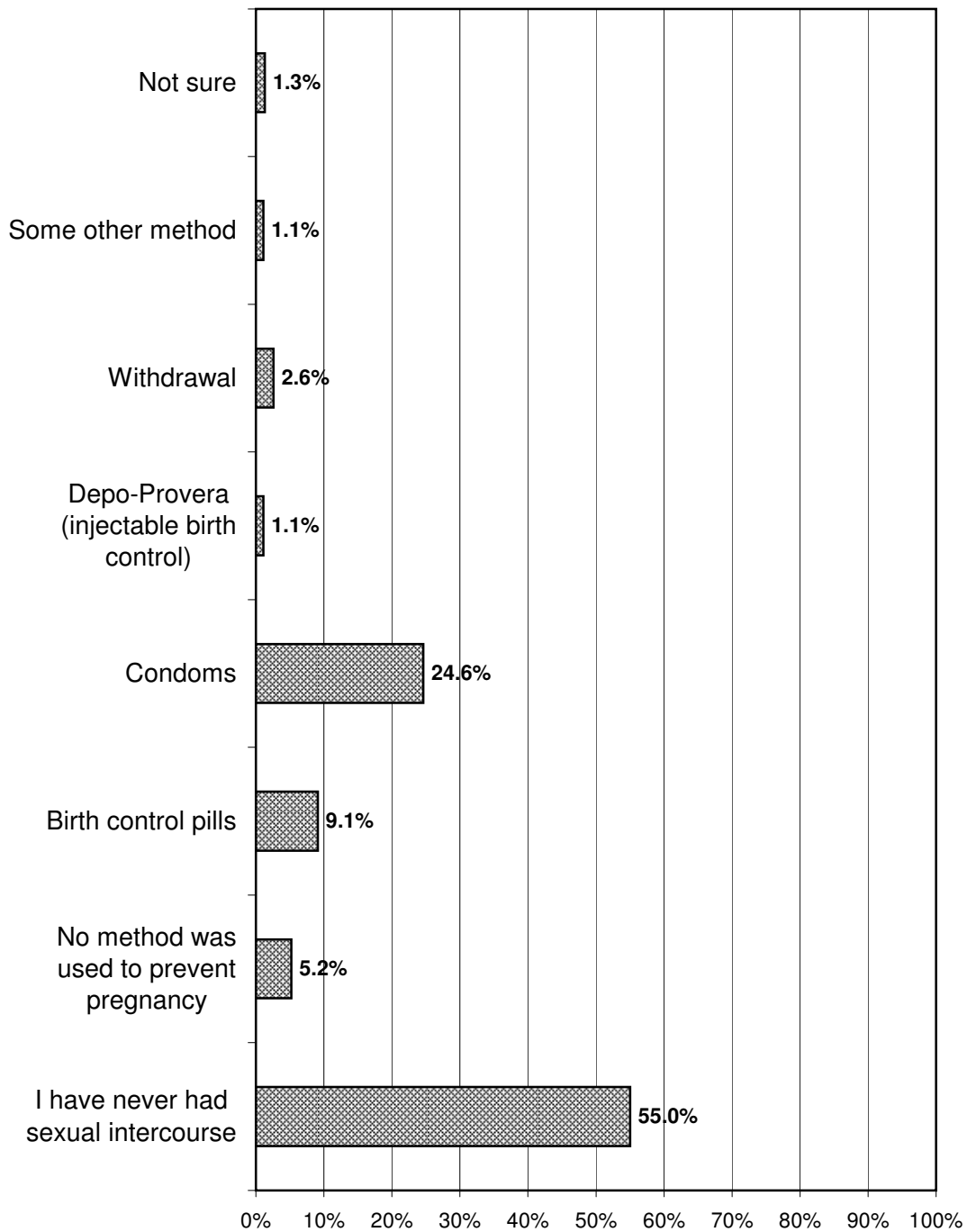


Chart 16
Q-65 How do you describe your weight?

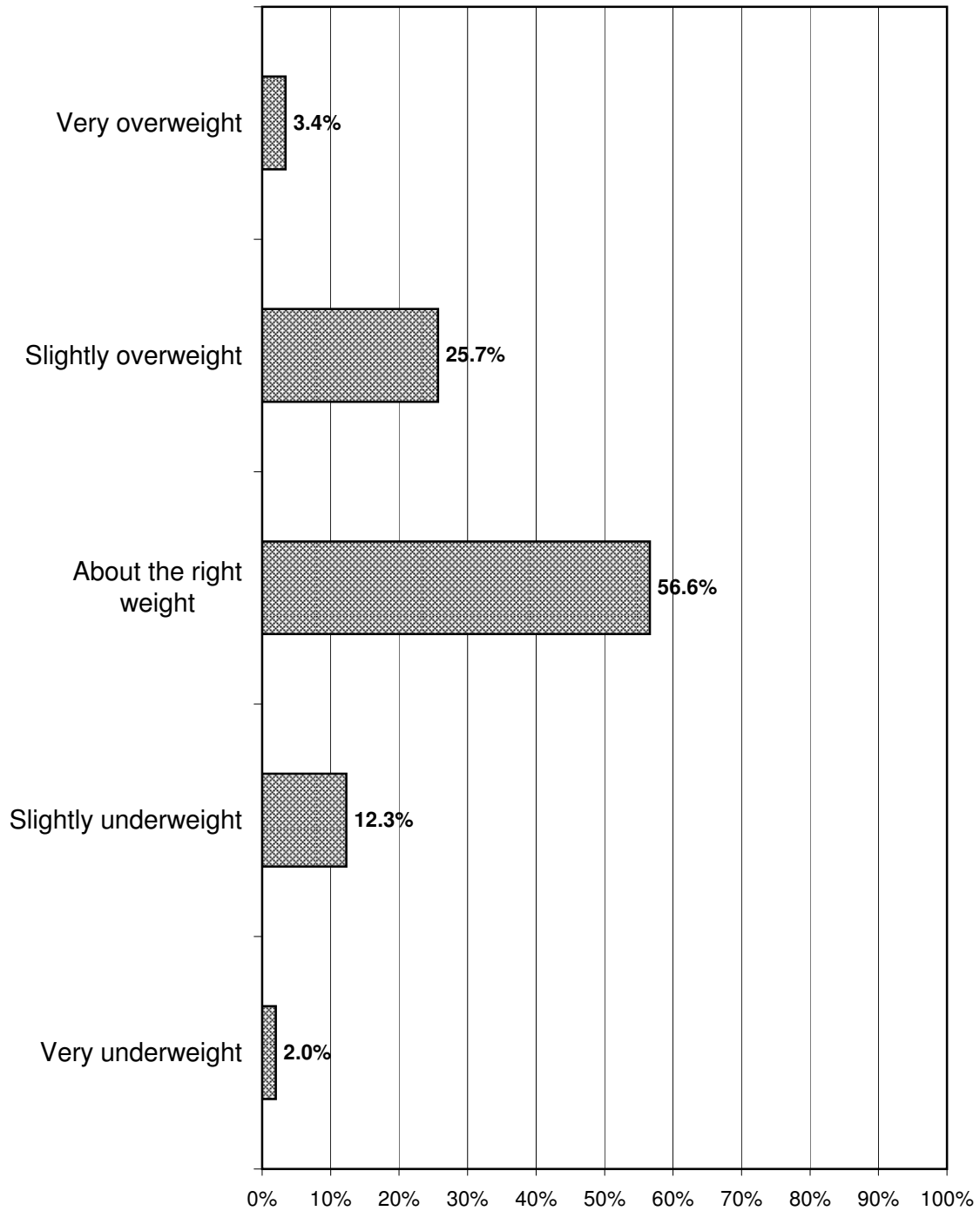


Chart 17

Q-80 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

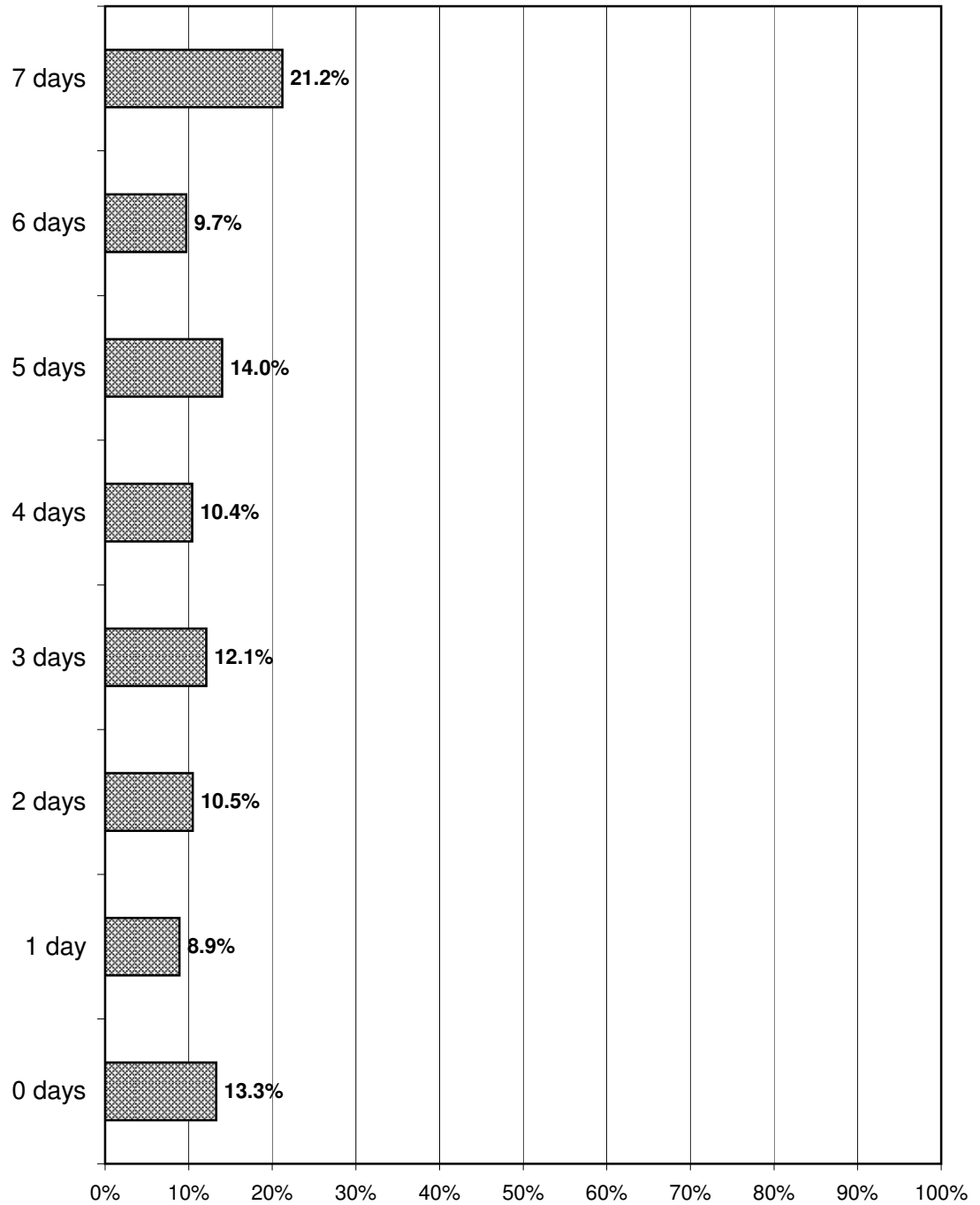


Chart 18
Q-83 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

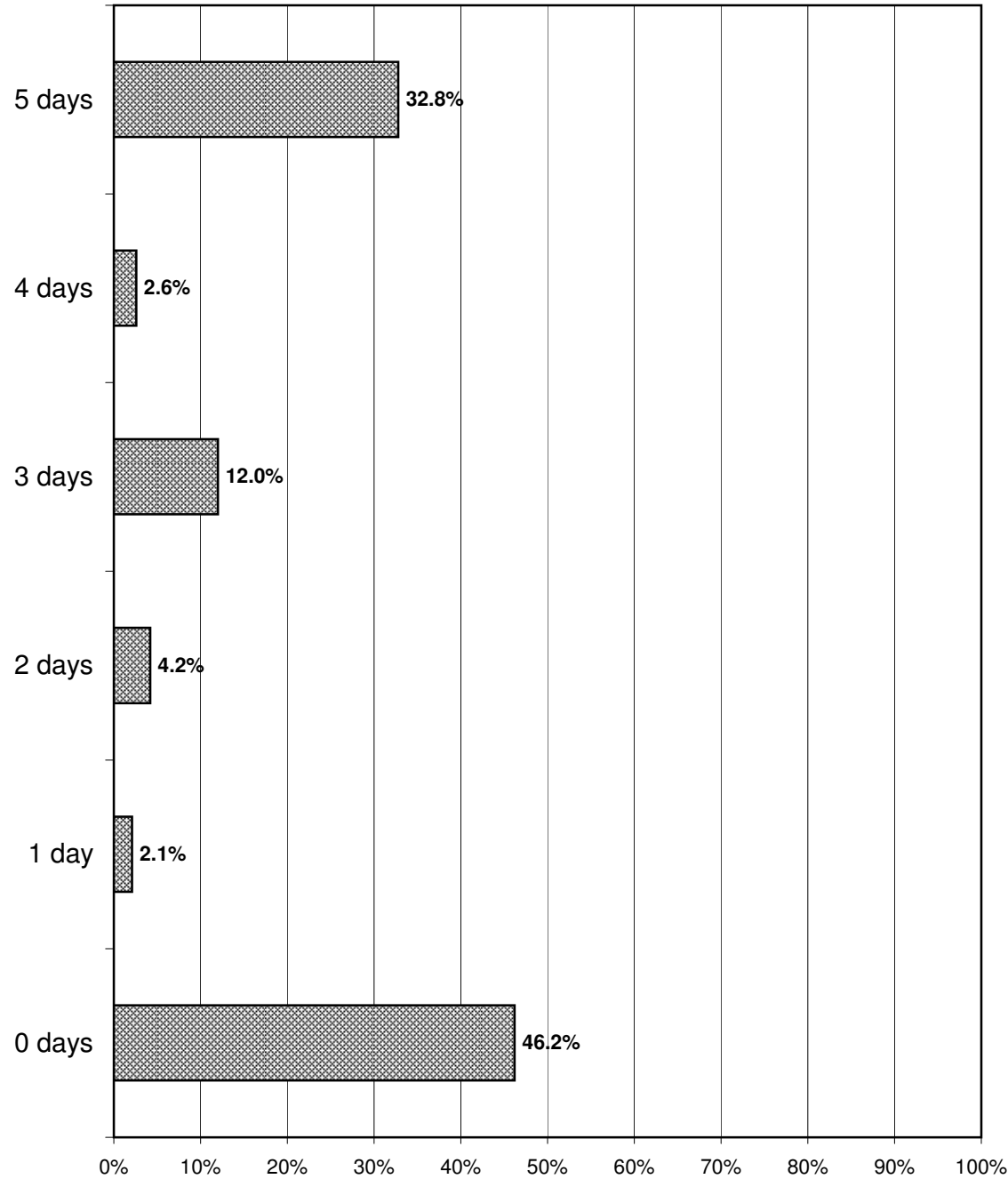


Chart 19

Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

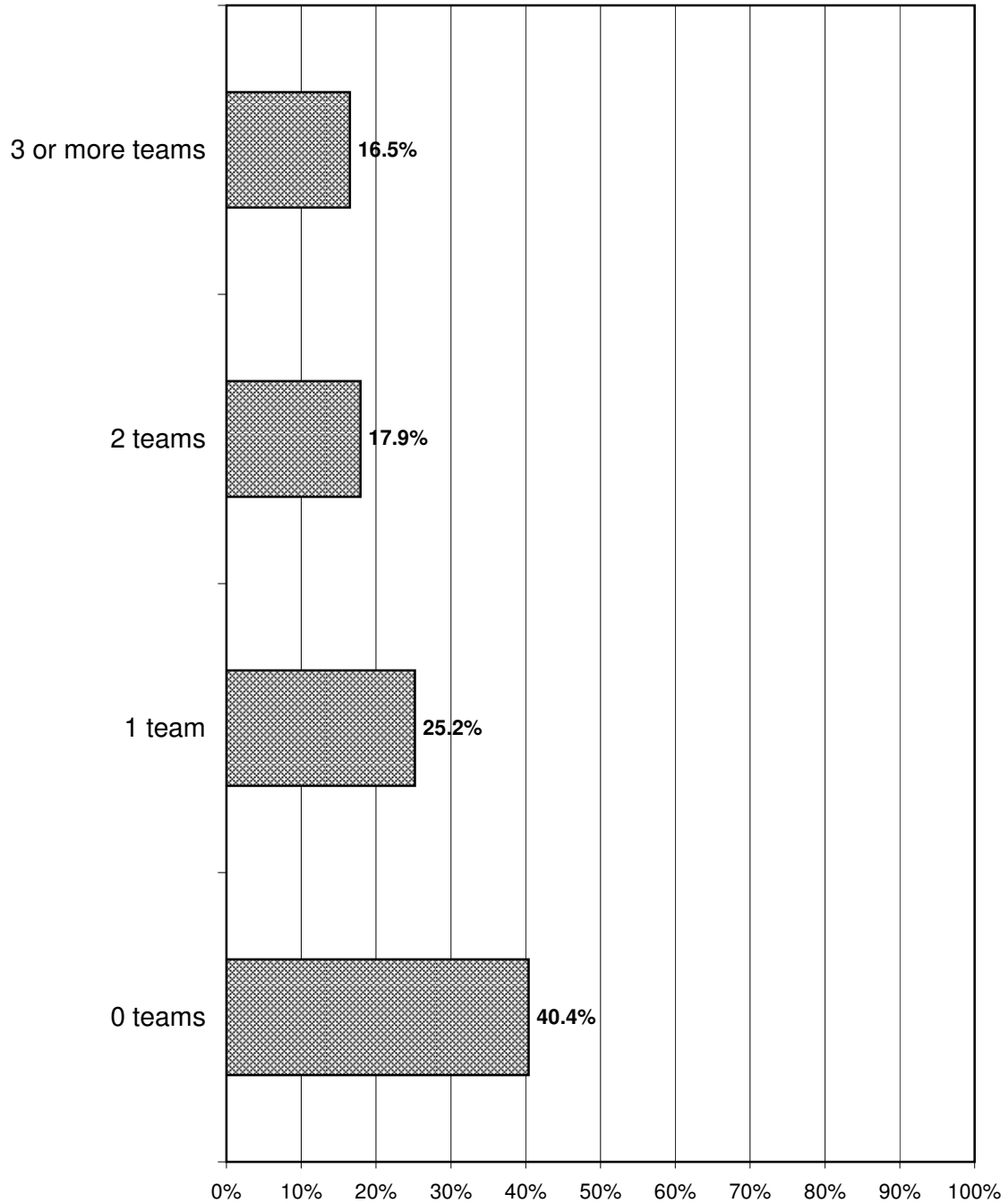
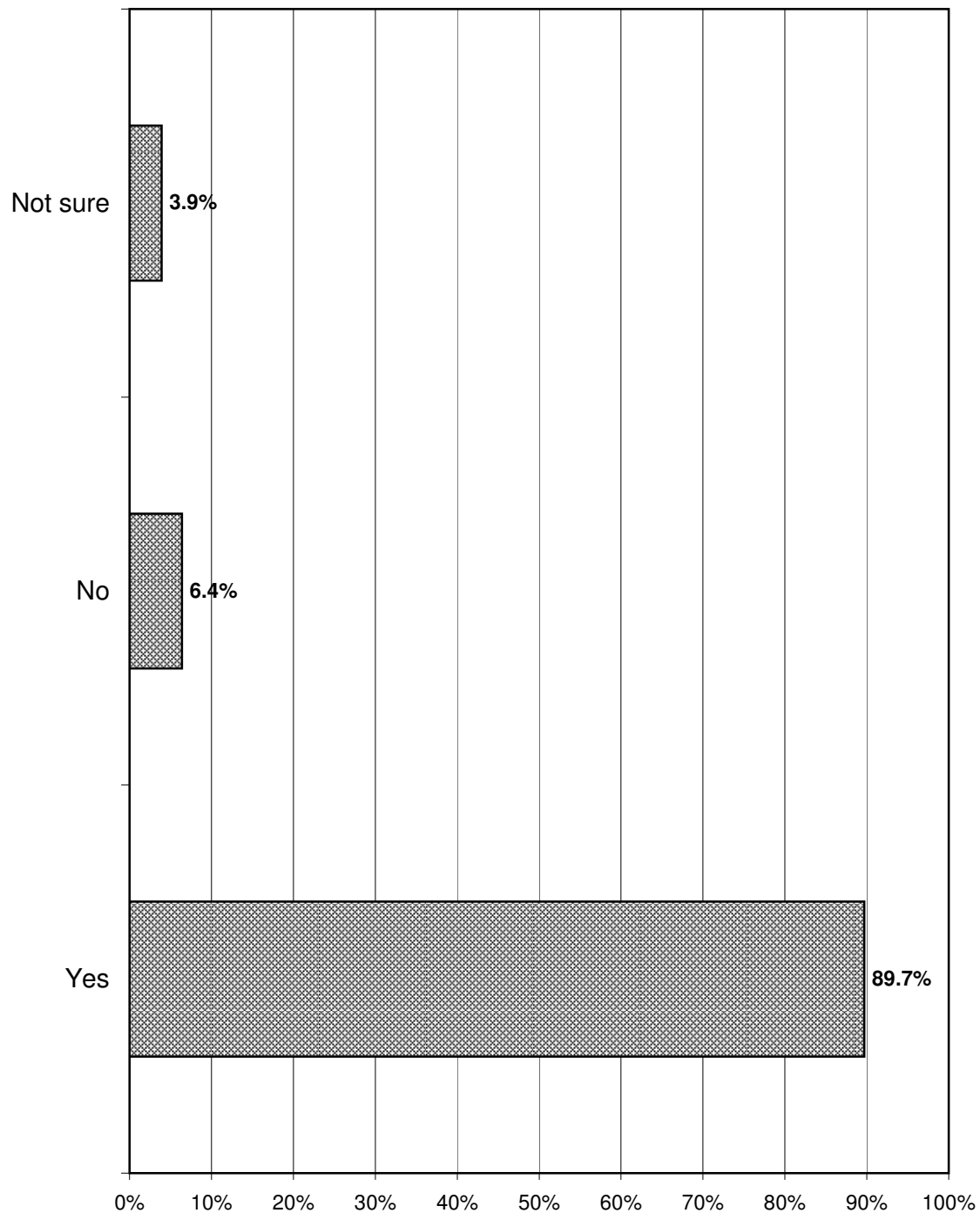


Chart 20
Q-85 Have you ever been taught about AIDS or HIV infection
in school?



Montana Office of Public Instruction

Montana Board of Crime Control

Montana Department of Public Health & Human Services

Indian Health Service

Healthy Mothers Healthy Babies

Blue Cross and Blue Shield of Montana

Montana Department of Transportation
Traffic & Safety Bureau

Division of Adolescent and School Health
Centers for Disease Control and Prevention



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